Robertshaw

MEASURED HEAT

Cook Book

You and this Book are going to be Great Friends!

THE MANUFACTURER of your range equipped it with the Robertshaw Oven Heat Control to aid you in cooking the food you buy to best advantage . . . in full flavor, texture, tenderness and appetizing wholesomeness.

You will find this new Robertshaw Measured Heat Cook Book a constant help in realizing the high standards of cookery you can consistently expect from your range with its Robertshaw Oven Heat Control.

The 203 recipes in this latest Robertshaw Cook Book were carefully selected by one of the foremost home economists in collaboration with cooking authorities in all sections of the country. Each one is a tested recipe for time and temperature cooking. The meat information has been approved by the National Live Stock and Meat Board; the poultry recipes by the Poultry and Egg National Board; and similar approval has been received from the Wheat Flour Institute on the instructions covering Bread Baking, Cakes, Cookies and Quick Breads.

Among the new features in this latest edition that you will find both timely and interesting is a special section on the cookery of frozen foods, pages 75 to 78; casserole cooking, pages 65 to 74; and a unique selection of "masculine" recipes for the amateur male cook, pages 79 to 84. Extra blank pages at the back of the book, following the index, will enable you to write or paste in any favored recipes of your own. You will gain a new appreciation of how the Art of Cookery has advanced as you become familiar with this book and let it help you make your own food preparation easier, more pleasant, more varied and more fascinating.

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ROBERTSHAW-FULTON CONTROLS COMPANY

FORMERLY ROBERTSHAW THERMOSTAT COMPANY

THERMOSTAT SPECIALIST SINCE 1899

YOUNGWOOD, PENNSYLVANIA

RECIPES FOR COLOR PICTURES ON COVER PAGES

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General Information

The Things You Know that it Pays to Know Better

LET YOUR ROBERTSHAW HEAT CONTROL BE YOUR WATCHMAN. With this silent efficient watchman you need no longer twiddle with the gas cock and peek into the oven at oven thermometers in an effort to control oven heat. Let your ROBERTSHAW OVEN HEAT CONTROL measure the heat for you, then consistently good results will be yours every time you use your oven.

MEASURED HEAT. One ingredient which is most important yet frequently overlooked in every recipe is temperature. For perfection in the finished product, the baking temperature must be measured just as accurately as the flour, shortening, baking powder, or any other ingredient. The success to be achieved by carefully measuring and correctly combining may be undone by baking in too hot or too cool an oven.

The scientifically designed ROBERTSHAW OVEN HEAT CONTROL on your gas range measures the heat and maintains the oven temperature at the desired point, without guesswork or constant watching. Therefore scientifically baked products are assured.

The use of the ROBERTSHAW OVEN HEAT CONTROL, also results in fuel economy, because the flow of gas is regulated to maintain the correct temperature, and none is wasted.

LIGHTING THE GAS OVEN

1. Turn the ROBERTSHAW OVEN HEAT CONTROL to the highest setting (550 degrees or beyond).
2. Light the match and hold close to opening at front edge of the oven bottom or follow range manufacturer's instructions if no lighting port is incorporated in oven bottom.

   Note: In setting the C.P. gas range equipped with an automatic oven, no match is needed. Just turn the oven valve and the oven will light automatically.
3. Set the ROBERTSHAW OVEN HEAT CONTROL at the temperature desired.

As soon as the oven has heated to the temperature required, the ROBERTSHAW OVEN HEAT CONTROL will automatically lower the oven burner flame to maintain the desired temperature.

PREHEATING. The preheating is the time required to bring the oven up to the desired temperature. This varies with the size and type of oven and the temperature desired. When the oven has preheated the burner flame will reduce to minimum size. *Note:* In using range equipped with a clock control, disregard "preheat" and follow manufacturer's special instructions given with range.

THE TYPE OF BAKING UTENSIL used varies the baking time and temperature. Tests have shown that a higher temperature is required when reflective baking dishes are used, and a somewhat lower temperature is needed when baking dishes which absorb heat, such as granite, oven glass, black or darkened utensils, or cast iron are used. In general, therefore, in using the time and temperature chart select the lower temperature and shorter time when oven glass or dark utensils are used and the higher temperature and longer time when using lighter colored or more reflective utensils.

THE SIZE AND SHAPE OF BAKING PANS used in the oven is important. Choose baking pans which best conform to type of product to be baked in them. *Examples*—Cookies baked in too deep a pan may burn on the bottom and not brown on top because the heat can not circulate over them properly. Cookie sheets may be so large in proportion to the size of the oven that they interfere with the proper circulation of heat. The same amount of batter baked in a smaller pan will be deeper, therefore, will require longer baking at a lower temperature, than the same amount of batter in a larger, more shallow pan.

PROPER PLACEMENT OF BAKING PANS in the oven to allow for free circulation of heat is important for evenness of baking. Do not over-crowd oven. Baking pans should not touch each other, nor should they touch the sides of the oven. Uneven baking, and possibly burning, may result in either case.

How to Use Recipes

First of all, read over the list of ingredients to make sure that you have them. To save time and steps, assemble all necessary ingredients, next assemble the measuring spoons, beaters, pans and other equipment. Follow each step in the directions.

Set the ROBERTSHAW OVEN HEAT CONTROL and turn on the oven before you start mixing ingredients so that oven will be preheated when you have finished preparing food to be baked.

Use standard measuring cups and spoons and measure accurately. Measurements in all recipes are level (level off measures with knife or spatula). When measuring fat, pack it into desired spoon or measure, then level it off with a scraper or knife.

Always sift flour before measuring or you will have too much. Toss it lightly into the cup and level off. Flour in recipes, unless otherwise stated, means white enriched all-purpose flour. Be sure to pack brown sugar firmly when measuring.

In testing baking recipes both a pure vegetable shortening or margarine and butter were used. A half and half combination may be used, or all of any of the three types of fat may be used satisfactorily.

Baking recipes were tested with phosphate or tartrate baking powder. When using a combination type, use 1 teaspoon less to each 2 cups flour. Follow instructions on your baking powder can.

Helpful Hints and Suggestions

To sour sweet milk, add slowly 2 tablespoons of vinegar or 1½ tablespoons lemon juice to 1 cup sweet milk, stirring constantly. Let stand at least five minutes before using. This may be used in recipes calling for sour or buttermilk.

When cutting marshmallows, dip scissors in hot water or confectioner's sugar each time.

When measuring less than 1 cup fat in ordinary measuring cup, deduct amount of fat needed from 1 cup, then fill cup with that amount of water. Add fat to force water level to top of cup. For example, if recipe calls for ¼ cup fat, fill measuring cup ¾ full with cold water and add fat until water reaches top of cup. Pour off water and lift out measured fat.

To substitute cocoa for chocolate use 3 tablespoons cocoa in place of each square (1 oz.) chocolate called for. If substituting cocoa for chocolate in batter, also add 1 tablespoon shortening for every 3 tablespoons of cocoa used.

Substitutions, Equivalents, Yields

1 tablespoon cornstarch.....2 tablespoons flour
1 cup sifted cake flour.....1 cup minus 2 tablespoons sifted all-purpose flour
1 cup sifted all-purpose flour.....1 cup plus 2 tablespoons sifted cake flour
1 teaspoon baking powder.....¼ teaspoon baking soda plus ½ teaspoon cream of tartar
1 cup bottled milk.....½ cup evaporated milk plus ½ cup water
1 cup raw rice, when cooked gives.....3 cups cooked rice
1 pound coffee (5 cups ground) makes.....50 servings
1 pound tea (5 cups leaves) makes.....435 servings

Cooking Terms

BASTE: To moisten food while baking with juices from pan or other liquid or fat.

BAKE UNTIL TENDER: Until a fork or skewer can easily be inserted.

BATTER: A combination of flour, liquid and other ingredients stirred to consistency thin enough to pour (as cake batter).

BLEND: To mix well.

BRUSH: To spread a mixture very thinly over the surface using a brush or small cloth.

CHILL: To place food in the refrigerator until cold—not frozen.

CREAM: To mix shortening in bowl until it is soft and light.

CUT AND FOLD: To slice down through a mixture with a spoon and bring it to the top, folding over on the upward stroke.

KNEAD: To place dough on a flat surface and work it, pressing down with knuckles, then fold one-half over other, repeating several times.

SAUTE: To cook gently in a small amount of fat.

SCALD: To heat milk product until scum forms over top (196 degrees F.—not boiling).

Weights and Measures

3 teaspoons	1 tablespoon
2 tablespoons	1 liquid ounce
4 tablespoons	¼ cup
5⅓ tablespoons	⅓ cup
16 tablespoons	1 cup
1 cup	8 ounces
2 cups	1 pint
4 cups	1 quart
8 quarts	1 peck
4 pecks	1 bushel
2 tablespoons fat	1 ounce
½ pound butter or fat	1 cup
1 pound water or milk	1 pint
1 pound granulated sugar	2 cups
1 pound brown sugar	2½ cups
1 pound confectioner's sugar	3½ cups
1 pound flour	About 4 cups
1 pound rice	2 cups
1 pound pitted dates	2 cups
1 pound cheese	5 cups, grated
1 square bitter chocolate	1 ounce
1 package cream cheese	3 ounces or 6 tablespoons
1 cup chopped nutmeats	¼ pound
16 marshmallows	¼ pound
1 cup egg whites	8-12 egg whites
1 cup egg yolks	12-14 egg yolks
½ pint heavy cream	1 cup whipped
1 orange	6-8 tablespoons juice
Grated rind 1 orange	2-2½ tablespoons
1 lemon	3-4 tablespoons juice
Grated rind 1 lemon	1½-2 tablespoons

SIZE OF CANS

No. 1 can	1½-2 cups
No. 2 can	2½-2½ cups
No. 2½ can	3½-3½ cups
No. 3 can	4 cups
No. 10 can	12-13 cups

Robertshaw MEASURED HEAT CHART

BAKING

FOOD	Set Temperature	Time in Minutes	Temperature Reset To	Time in Minutes
BREADS, (Yeast)				
Bread, Yeast	375–400	45–60		
or				
Bread, Yeast	400–425	15	350–375	30–40
Rolls, Yeast	400–425	15–25		
Coffee Cake, Yeast	375–400	25–30		
BREADS, (Quick)				
Baking Powder Biscuits	450–475	12–15		
Corn Bread	400–425	20–30		
Gingerbread	350–375	35–45		
Loaf, Nut Bread, etc.	325–350	60–75		
Muffins	400–425	20–25		
Popovers	450	20	350	20
CAKES				
Angel Food	325	60–75		
Sponge Cake	325	60–90		
Layer Cake	375	25–35		
Chocolate Layer	350	30–35		
Loaf Cake	350	45–60		
Cup Cakes	350–375	20–30		
Pound Cake	325	60–75		
Fruit Cake (large)	250–275	3–4 hours		
Fruit Cake (small)	275–300	1½–2½ hours		
COOKIES				
Brownies	450	30–35		
Drop Cookies	375–400	12–15		
Rolled Cookies	375–400	8–12		
Refrigerator Cookies	400–425	8–12		
Molasses Cookies	350–375	10–15		
PASTRIES				
Cream Puffs	400	40–50		
or				
Cream Puffs	450	15	375	25
Pie Shells	450	12–15		
PIES				
Fruit Pies	450	15	350	35–45
or				
Fruit Pies	400–425	40–50		
Custard Type Pies	450	10	325	25–30
MISCELLANEOUS				
Custard (Cup)	300–325	30–40		
Custards (Casserole)	300–325	40–75		
Soufflés	300–325	45–60		
Scalloped Dishes (Cooked Food)	400	25–35		
Meringue (Topping)	325	15–20		
Meringue Shells	225	1¼–1½ hours		
Potatoes, Baked	400–450	50–60		
Potatoes, Scalloped	325–400	50–60		

Temperature and Time for Oven Cooking

ROASTING

For Broiling, see Broiling Chart on page 19

MEAT	Set Temperature	Time in Minutes per Pound	Time in Minutes per Pound Started Cooking from Frozen State
BEEF			
Standing Rib			
6–8 pounds	300	Rare 18–20	43
		Medium 20–25	47
		Well Done 25–30	55
Less than 6 pounds	300	Rare 35	45
		Medium 45	60
		Well Done 50	65
Rolled Ribs	300	Rare 32	43
		Medium 38	47
		Well Done 46	65
Rump (high quality)			
Standing	300	25–30	50
Rolled	300	30–35	55
LAMB			
Leg	300	30–35	40–45
Rolled Shoulder	300	40–45	40–45
Shoulder (bone-in or cushion style)	300	30–35	40–45
VEAL			
Leg	300	25–35	40–45
Shoulder	300	35	40–45
Boned and Rolled	300	40–45	40–45
PORK			
Loin	350	35–40	50–55
Fresh Ham	350	30–35	50–60
SMOKED PORK			
Ham (New style, tenderized)			
Whole 10–12 pounds	300	15	
Half 5–8 pounds	300	15–20	
Ham Butts 3–4 pounds	300	25–30	

POULTRY

(In computing time, use absolute time for larger birds.)

POULTRY	Set Temperature	Time in Minutes Per Pound	Total Cooking Time
CHICKEN			
Stuffed weight ready for oven			
3½–4 pounds	350	35–40	2–2½ hours
4–5 pounds	350	30–35	2½–3 hours
Over 5 pounds	325	25–30	3–3½ hours
TURKEY			
8–10 pounds	325	25–20	3–3½ hours
10–14 pounds	325	20–15	3½–4 hours
14–18 pounds	300	15–15	4–5 hours
18–20 pounds	300	15–15	5–7 hours
GOOSE			
10–12 pounds	325	30–25	4–4½ hours
DUCK			
5–6 pounds	350	35–30	2–3 hours

Complete Oven Meals

. . . made possible by Robertshaw Control

NOW [illegible] ROBERTSHAW [illegible] meals [illegible] breakfasts [illegible] ROBERTSHAW [illegible] meal.

IN [illegible] economical [illegible] ROBERTSHAW [illegible] is wasted.

IF YOUR RANGE [illegible] manufacturer's [illegible].

WHEN PLANNING [illegible] foods that require about the same cooking time and temperature. If the cooking time for any one dish is a little shorter than the others, it can be placed in the oven for the last of the cooking period.

MEATS ARE PREPARED THE SAME as when cooked alone (see page [illegible]). Vegetables are prepared in the usual manner. To oven steam vegetables, place in a covered pan with about half a cup of water, salted. Vegetables cooked in this manner require two or three times the cooking period needed for cooking on the surface. But their cooking time can be shortened or lengthened to adapt to the specific oven meal time by cutting them up in smaller pieces or leaving whole. On using frozen vegetables in oven meals see page [illegible].

IN ARRANGING MEALS IN THE OVEN, place the meat and vegetables in covered utensils on the bottom rack in the oven, and the desserts, baked [illegible] such as cakes, pies, scalloped dishes and other dishes that require browning on the top shelf. Place the utensils in the oven so that they do not touch each other or the sides of the oven, to allow for better circulation of heat.

For typical oven meals see next page

Oven Meal Menus

Here are a few suggested menus for oven meals. Of course you will want to make up your own to suit your family's likes. Most of the dishes will be the same that dishes shown to make will be in a hot oven. Use special pans or dishes that will be ovenproof and fine. See index to recipes referred to in menus.

Temperature 425 — OVEN BREAKFAST No. 1 — Time 1 hour

Stewed Fruit

Oatmeal Quick Cooking Bacon

Broiled Tomatoes

OVEN COOKING CEREALS Use proportions of water and cereal as directed on package. Combine with salt. Place in a covered baking dish and bake in the oven meal.

Temperature 400 — OVEN BREAKFAST No. 2 — Time 30 minutes

Apple Wedges

Smoked Link Pork Sausage Date and Nut Muffins

Temperature 375 — OVEN LUNCHEON — Time 1 hour

Escalloped Potatoes and Ham

Buttered Peas Quick Whole Wheat Nut Bread

Head Lettuce

Temperature 400 — OVEN DINNER No. 1 — Time 50 minutes

Baked Stuffed Fish Steaks Parsley Potatoes

Escalloped Tomatoes

Hot Rolls

Temperature 400 — OVEN DINNER No. 2 — Time 1 hour

This is the Oven Meal shown in full color on page 8

Oven-fried Chicken New Potatoes and Peas

Spiced Beets Homemade Bread

Cream Puffs

Temperature 375 — OVEN DINNER No. 3 — Time 1½ hours

Baked Stuffed Pork Chops

Baked Sweet Potatoes Cauliflower au Gratin and Carrots

Baked Cranberry Sauce

Bread Bran Pudding

Roasting

[illegible] is the biggest economy [illegible] Temperature that is guessed at [illegible] that is too high, shrinks meats and robs them of their precious juices and shrinkage means fewer servings at the table. A roast [illegible] shows that [illegible] as much as 44.58 [illegible] shrinkage in meat cooked by uncontrolled methods.

Cooking by correct [illegible] methods and with [illegible] the shrinkage to merely that saves fuel [illegible] of the oven heat control regulates the flow of fuel, allowing only enough to be used as is necessary to maintain the desired set temperature and no more.

With the ROBERTSHAW OVEN HEAT CONTROL a roast as a whole will brown, one does not need to be an experienced cook to turn out brown, juicy, tender meats. It is very easy, the ROBERTSHAW way.

NOTES ON ROASTING

[illegible] pieces or cuts of meat [illegible] such as standing rib [illegible] [illegible] in their own juices. Place in side of [illegible] so that [illegible] and will not touch the water.

Less tender cuts [illegible] such as chuck and [illegible] should be cooked by braising. The meat is browned in [illegible] a layer of suet, [illegible] and cooked in a covered pan [illegible] with a small amount of water.

Roasts may be started [illegible] in a hot or preheated oven. The time and temperature are approximately the same.

Seasonings such as salt may be added [illegible] before roasting. Salt penetrates to the depth of less than one half an inch. Therefore there is little advantage in adding it before roasting.

Roasting is best [illegible] if the roast is placed on the rack fat side up for [illegible] the meat bakes [illegible] and runs over and [illegible] the meat.

All cuts [illegible] with the exception of standing rib of beef, pork loin and lamb rack which have their own racks, should be placed on a rack for roasting.

Meat is [illegible] recommend a constant [illegible] temperature of 300 degrees for beef, veal, lamb and mutton roasts and 350 degrees for fresh pork. For the [illegible] roasting period [illegible] a moderate brown exterior and an even, crusted color for doneness depends on time.

The [illegible] roasting varies with the [illegible] cut of meat. The chart on page 7 will serve as a guide.

Pie tops in the Cookery Service are of Sterling Silver. Roasting Pan is of heavy Aluminum with Rack and Handles of Steel. Cover is of Glass. Roasting Rack is of Steel.

Roasting is a dry heat cooking method in which the food is surrounded by heated air. The heat is applied to the outside surface of the food and is conducted to the center. The heat is usually supplied by an oven, but may be supplied by a reflector, open fire, or other source.

A meat thermometer is used to show the degree of doneness of roast meat by temperature. The thermometer is inserted in the thickest part of the meat, away from bone or fat, and into the center of the largest muscle. Be sure the thermometer does not touch bone. Use a thermometer.

Roasts should be allowed to stand for a short time before carving to allow the juices to settle. This makes carving easier and gives a more attractive appearance to the roast.

General Directions for Roasting

Place the meat on a rack in an open shallow roasting pan with the fat side up. The rack holds the meat out of the drippings. With the fat on the meat will baste itself during roasting.

2 Add no water and do not cover. Roasting is a dry heat method of cooking and if the pan is covered, or water added, the meat will become steamed.

3 Roasts may be seasoned before or after roasting.

4 Place roasting pan as near oven center as possible to permit free circulation of heat.

5 Heat oven to 300 degrees. The oven may be started just as the roast is put in or may be preheated.

6 See Roasting Chart for time and temperature for roasting specific cuts. Page

Roasting Recipes

BAKED HAM, ORANGE GLAZE

Temp. 300° Time Whole Ham 15 min. per lb.
Half Ham 18-20 min. per lb.

Wipe off [illegible] Place on rack [illegible] Remove [illegible] Pour off [illegible] Score [illegible] Spread with [illegible] Bake [illegible]

ROAST HAM, PINEAPPLE GLAZE

Roast [illegible] hours before the ham is done [illegible] pineapple slices over [illegible] of the ham and return [illegible] Bake [illegible]

PINEAPPLE GLAZE

Combine 1 small can crushed pineapple with ½ cup sugar and cook slowly for 15 minutes or until mixture begins [illegible]

STUFFED PORK CHOPS

Temp. 350 Time 2 hours

6 pork chops cut thin Salt and pepper
½ cup tomato juice

STUFFING

2 tablespoons melted butter ½ cup [illegible]
4 cups soft bread crumbs ½ cup tomato juice
[illegible] teaspoons salt 2 tablespoons chopped onion
4 teaspoons poultry seasoning 2 tablespoons chopped parsley

Mix together all [illegible] ingredients. 2—Wipe chops with damp cloth and season with salt and pepper. 3—Place two [illegible] together with layer of dressing between sandwich style. 4—Arrange in [illegible] Bake in moderate [illegible] Pour over [illegible] cup tomato juice. 5—Bake in [illegible] as directed above or until tender.

ROAST PORK WITH PAN ROASTED POTATOES

Roast pork [illegible] Directions for Roasting and Temperature and [illegible] Place [illegible] hours before pork is to be finished place peeled potatoes around roast in the pan from the roast. Turn the potatoes in the [illegible] that they are completely covered with the meat juices. Place [illegible] Turn the potatoes once during the [illegible] Potatoes will become crusty and

SAVORY ROAST LEG OF LAMB

Temp. 300 **Time 30-35 min. per lb**

Leg of lamb
Salt and pepper
Garlic
2 tablespoons butter
Flour
Water
Onion, grated

Make sauce by mixing together the pan liquor, seasoning, garlic and gravy. Roast following general instructions for roasting and time and temperature chart.

ROAST BEEF WITH BROWN GRAVY

Roast beef following General directions for Roasting and Temperature Time Chart.

BROWN GRAVY

Drain from roasting pan, leaving fat. Add flour, salt and pepper. Stir over low heat until flour is brown. Add liquid, water, milk or stock. Cook, stirring constantly until thickened. Season to taste.

POT ROAST OF BEEF

Temp. 300 **Time 3 hours**

4 pound pot roast
Onion, sliced
Water
2 cups celery, diced
Salt and pepper
Flour
2 cups canned tomatoes
Bay leaf

1—Render suet in large skillet. Then brown meat, turning to brown evenly on all sides. Sprinkle with salt and pepper. 2—Pour off fat. Add tomatoes, onions and pour over meat. 3—Add bay leaf, celery, pepper corns and bay leaf. 4—Simmer and roast in preheated oven as directed above. 5—Remove meat to hot platter. 6—Strain liquid and thicken with flour and season to taste. Serve as gravy. NOTE. Peeled potatoes and vegetables may be added when meat is placed in oven.

MEAT LOAF

Temp. 350 **Time 1 hour**

1½ pounds raw lean ground beef
½ pound raw lean ground pork
½ cup tomato juice or soup, or crumbs
½ cup milk
1 egg
1 teaspoon grated onion
2 tablespoons chopped parsley
1½ teaspoons salt
¼ teaspoon pepper or seasoning

Mix together all ingredients. Place in loaf pan. Arrange strips of pork fat on top. Bake in moderate oven (350°F.) 1 hour. Drain off excess fat as it accumulates during baking.

HAM LOAF AU BRON

Temp. 350 **Time 2 hours**

2 pounds cooked ham, ground
2 pounds fresh pork, ground
2 eggs, beaten
1 cup bread crumbs
1 cup milk
1 cup brown sugar
1 tablespoon dry mustard
2 cups vinegar
2 cups water
Salt and pepper

Mix together meat, eggs, bread crumbs, milk, salt and pepper. Shape into loaf and place in shallow baking pan. Mix sugar, mustard, vinegar and water. Pour over loaf. Bake in moderate oven (350°F.) 2 hours, basting frequently with liquid in pan.

BAKED STUFFED FISH STEAKS

Temp. 400 **Time 45–50 minutes**

2 inch thick halibut or other fish steaks
Salt and pepper
Melted butter
Stuffing
Lemon wedges
Tomato sauce
See Stuffed Fish, below page 53

Wipe steaks with damp cloth. Sprinkle with salt and pepper. Brush with melted butter. Place one steak in baking dish. Spread stuffing over it. Top with second steak. Fasten edges together with skewers or sew with cotton thread. Brush with melted butter. Bake in moderate oven (400°F.) 45–50 minutes, basting frequently with melted butter and water. Serve on platter with tomato sauce.

BAKED FISH

Temp 400 Time 5 25 minutes

Wash fish. Pat dry with paper towels. Sprinkle with salt and pepper. Place fish in a greased baking dish. Brush with melted butter. Bake in preheated oven until fish flakes easily with a fork.

VARIATIONS

Lemon Baked Fish
Add 1 tablespoon lemon juice to butter before brushing on fish.

Herbed Baked Fish
Add 1 teaspoon dried parsley flakes, ½ teaspoon dried basil leaves, ½ teaspoon dried thyme leaves to butter before brushing on fish.

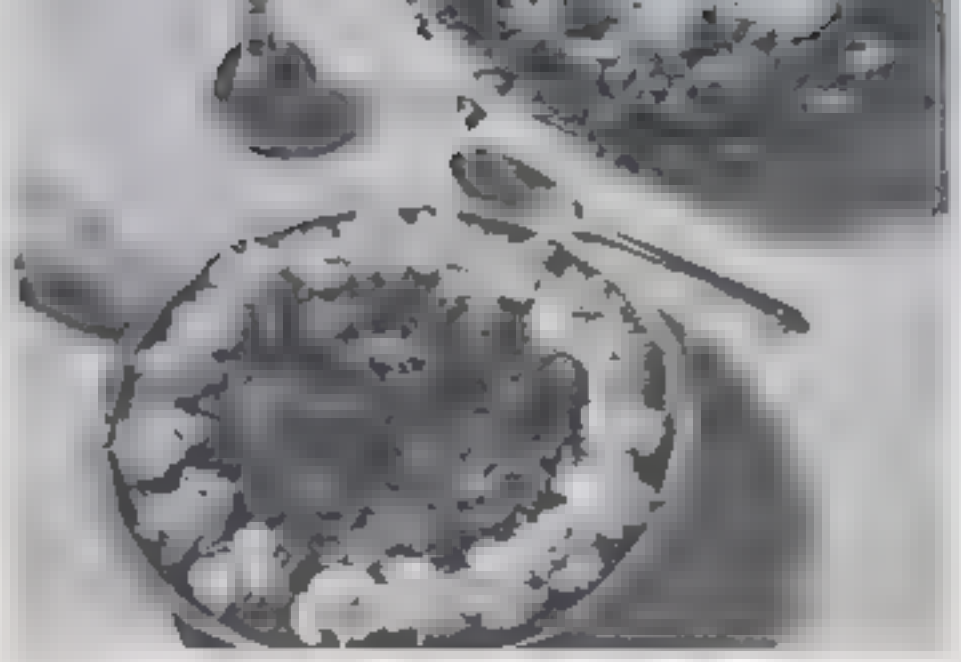
Stuffed Baked Fish
Prepare Bread Stuffing (page 00). Fill fish cavity with stuffing. Close cavity with skewers and cotton string. Bake 10 minutes per inch of thickness measured at thickest part of fish. Remove skewers and string before serving.

STUFFED BAKED FISH

Temp 400 Time 20 minutes per inch Yield 4-6 servings

1 cup chopped celery
¼ cup chopped onion
2 tablespoons butter or margarine
1 cup dry bread crumbs
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon poultry seasoning
1 egg, beaten
1 tablespoon lemon juice
2 tablespoons melted butter or margarine
Paprika
1 whole fish (4-6 pounds)

Thoroughly wash fish and pat dry with paper towels. Sprinkle cavity with salt. Prepare stuffing: Sauté celery, onion and 2 tablespoons butter in skillet until tender but not brown. Remove from heat. Stir in bread crumbs, salt, pepper, poultry seasoning, egg and lemon juice. Mix well. Stuff fish cavity with stuffing. Close cavity with skewers and cotton string. Place fish in greased baking dish. Brush with melted butter. Sprinkle with paprika. Bake as directed above.



From Better Homes and Gardens Meat Book

SWISS STEAK

Temp 400

Time 2 hours

Broiling

BROILING HINTS

1. Steaks to be broiled should be tender cuts, or tender beef cuts such as flank steak must be chopped, sliced or ground beef or lamb. Broiling is the best and seldom the only method.

2. Steaks or chops should be cut at least an inch thick for best results. Ham at least half an inch. If meat is any thinner, broiled meat will be dry.

3. Slash edges of fat on several places to prevent curling during broiling.

4. Young, tender squabs, small fish, and fish fillets may be successfully broiled.

5. Cooked vegetables, fruit slices and buns may be broiled along with the meat. These Broiler Meals are delicious and economical as well as quick to prepare.

6. Broiling pan, if not greased, should be covered with thin paper before laying on the fish as this will keep it from sticking. The broiled fish will look appetizing and much easier to clean the broiler pan.

When you want hot meat sandwiches, a large quantity, broil over your broiler. Many pieces may be toasted at one time.

GENERAL DIRECTIONS FOR BROILING

If your range is equipped with separate broiler (whatever range manufacturer's name or description), most ranges direct have a separate broiler door and the broiling is done with the same burners that heat the oven. The following may be of interest:

1. Remove broiler pan and set BROILER/OVEN DIAL TO BROIL or 550 degrees and light the oven.

2. Preheat oven 5 to 8 minutes. (Preheating may be omitted by adding few additional minutes to broiling time.)

3. Grease rack with a piece of fat cut from meat to be broiled or use other fat. Place food on top of broiler pan rack. (Cooked vegetables may be placed on pan underneath broiler rack to re-heat as meats on rack are broiled.)

4. Place broiler pan under broiler so that surface of food is from 3 inches from top of full flame.

5. Leave door of oven slightly open while broiling so that flame will be maintained during broiling.

6. Broil foods on one side, turn and brown on other side. Avoid piercing lean of meat with a fork while turning, as this causes a loss of juices. Use tongs or two tablespoons.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

BROILING CHART

	Approximate Total Cooking Time		
	Rare	Medium	Well Done
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]

BROILER MEALS

[illegible] Meals are a great [illegible] because they are [illegible] to prepare. All you need is [illegible] and your broiler. Broiler meals are [illegible] because they require little [illegible] and cleanup. Broiler meals are [illegible] because they require little [illegible] and cleanup. Broiler meals are [illegible] because they require little [illegible] and cleanup. Broiler meals are [illegible] because they require little [illegible] and cleanup.

[illegible] are [illegible] because they require little [illegible] and cleanup. Broiler meals are [illegible] because they require little [illegible] and cleanup. Broiler meals are [illegible] because they require little [illegible] and cleanup. Broiler meals are [illegible] because they require little [illegible] and cleanup.

Here are some suggested Broiler Meal Menus

Hamburger Patties Topped With Onion Slices
Broiled Tomatoes **Italian Squash Slices***
Grilled Halved Bananas Spread With Peanut Butter
Salt [illegible] [illegible]

[illegible]
Grilled Sweet Potatoes* **Spiced Pineapple Rings**
[illegible]

[illegible]
Pork [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible]

STEAK, ROBERTSHAW

Porterhouse, sirloin, or T-bone steak cut 1½ inches thick
3 tablespoons butter
3 tablespoons grated onion
1 teaspoon Worcestershire Sauce
1 teaspoon grated onion

Have butter and onion mixed well. Wipe steak with damp cloth. Score fat around edges of steak to prevent curling. Broil steak 3 inches from heat, 5 minutes on each side. Remove to hot platter. Spread with onion mixture. Serve at once. Serves 4 to 6.

PLANK STEAK OR FISH

Broil steak or fish on one side only. Remove from broiler and place on plank with cooked side down. Spread with mashed potatoes. Garnish with parsley and lemon. Place in oven to brown potatoes.

HAMBURGERS DE LUXE

1 pound ground beef
2 tablespoons chili sauce
1 tablespoon minced onion
1 teaspoon salt
½ teaspoon pepper
2 tablespoons cream
2 tablespoons butter

Mix ingredients lightly. Shape into 4 cakes. Broil 5 minutes on each side. Serve on hot buttered buns.

HAM GRILL

1 slice ham, ½ inch thick
4 cooked sweet potatoes
4 apples

Wash apples and cut slice ¼ inch thick from stem end of each. Remove core from remaining part of apple. Brush with melted butter. Arrange ham, sweet potatoes and apple slices on broiler pan. Broil under broiler until ham and potatoes are brown. Turn ham slice and broil other side. Serve hot. Serves 4.

Courtesy National Live Stock and Meat Board

LAMB CHOP GRILL

[illegible] Chops	[illegible] Tomatoes
Salt and Pepper	Mushrooms
Bacon Strips	Melted Butter

BACON: Place [illegible] slices of bacon on cold broiler rack. [illegible] oven and set [illegible] at 550. Place broiler pan 3 inches below heat. Broil bacon [illegible] turning [illegible] broiling. Remove from broiler; keep warm while broiling remaining foods.

LAMB CHOPS: Select [illegible] of loin chops [illegible] inch thick. Wipe with a damp cloth. Place on broiler rack [illegible] following General Directions for broiling and chart, page [illegible].

TOMATOES: Wash [illegible] tomatoes [illegible] stem ends [illegible] broiler. Arrange on broiler [illegible] until tender and golden brown.

MUSHROOMS: Wash mushrooms in warm salt water. Trim stems and cut down [illegible] quarters. Brush with melted butter. [illegible] with lamb chops and tomatoes for [illegible] minutes or until tender and brown.

TO SERVE: Arrange [illegible] center of hot platter [illegible] bacon [illegible]. Place broiled tomatoes [illegible] Garnish with parsley.

BROILED FISH

1. [illegible] and [illegible] pat dry with a towel.

Place [illegible] in a shallow pan [illegible] broiling pan [illegible] which has [illegible]. [illegible] Brush with [illegible] and [illegible] with salt and pepper.

[illegible] preheated oven as directed [illegible] Broiling.

4. [illegible]

5. [illegible] Sprinkle [illegible] lemon wedges, parsley or radish roses.

BROILED CHICKEN

1. In selecting chicken for broiling consider only very young plump birds not over 2½ pounds.

2. Wash each piece of chicken to be broiled [illegible]

3. Place skin side down [illegible] pan. Brush each piece [illegible] with melted butter.

4. Place [illegible]

5. During [illegible]

6. Broil 45–55 minutes [illegible]

[illegible] Serve immediately.

[illegible]

TOASTED SANDWICHES

BROILED TOMATO AND BACON SANDWICHES

Toast slices of bread on one side. Spread [illegible] of cheese, top cheese with tomato slice. [illegible] until cheese begins to melt.

TOASTED CHEESE SANDWICHES

[illegible]

APPETIZERS

CANAPÉ FOUNDATION

[illegible]

SPREAD FOR CANAPÉS

[illegible]

Poultry

NOTES ON ROASTING POULTRY

Chicken, Turkey, Goose and Duck

[illegible] crop so that the breast skin will remain unbroken.

[illegible]

[illegible] 20 servings.

[illegible]

[illegible]

[illegible] about 3 minutes per pound.

[illegible]

[illegible] lying close to the body and [illegible]

[illegible]

[illegible] Frozen Poultry see [illegible] Frozen Foods, page 79.

[illegible]

[illegible] 1 onion, 1 carrot sliced and water enough to cover. Bring to boil [illegible] until giblets are tender. Add [illegible] giblets are partially cooked. Strain liquid, chop or grind giblets. [illegible] of roaster (after removing bird) add [illegible] liquid, cook until thickened. Allow [illegible] flour used. Add chopped giblets, season to taste.

STUFFING FOR POULTRY
will stuff 1 large chicken

½ cup butter
1 cup chopped onion
1 cup diced celery
1 one-pound loaf bread
2 tablespoons chopped parsley
1½ teaspoons salt
3 eggs, beaten

Milk or giblet stock

Melt butter in large pan; add onion and celery and cook slowly until tender but not brown. Remove from heat and add parsley and seasonings. Cut bread into small pieces and brown in oven. Add to onion mixture and mix lightly with a fork. Add enough stock to moisten, mix lightly with a fork.

SUGGESTIONS FOR VARYING STUFFING

Add to or substitute for some of the bread in the above Stuffing for Poultry recipe any one of the following:

Chopped Giblets, Cracker Crumbs, Potatoes (white mashed), Potatoes (sweet mashed), Celery, Oysters, Sausage, Anchovies, Mushrooms, Rice (cooked in stock), Chestnuts, Nutmeats (almond or pecans), Hominy, Fruit (prunes, apricots, raisins or lemon peel), Bacon

ROAST HALF-TURKEY

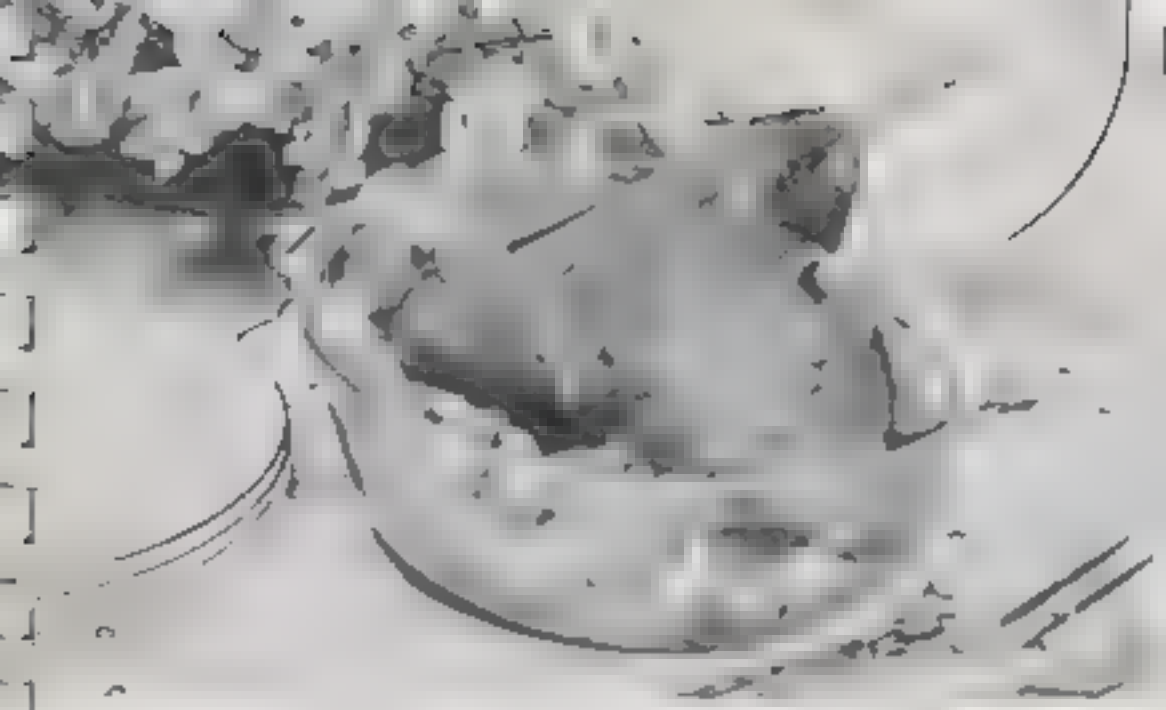
Set oven to preheat to 325 for small turkeys
Temperature 325 Time 25-30 minutes per pound

1—Rub cavity (of whole turkey) with ½ teaspoon salt per pound of turkey. 2—Skewer skin to breast meat. Tie leg joints to the tail. Fold wing tips back and tie. 3—Place turkey cut side down, on a rack in a shallow roasting pan. Brush skin with fat and cover with a piece of cheesecloth large enough to hang over sides of pan. Roast in preheated oven as directed above. 4—Allow about ¼ cup dressing per pound of turkey. Make dressing (see a good cookbook) and stuff the cavity of the turkey. Sew or skewer the opening. 5—When the turkey is about half done (1½-2 hours), remove from oven and place cheesecloth with dressing on skin. Replace turkey over the dressing and continue roasting until done. 6—Baste with pan drippings or fat as needed during roasting. Turkey is done when drumstick joint moves freely and the flesh feels soft when pressed with fingers protected by a cloth. 7—Remove the dressing from the turkey and serve with the turkey. Make gravy from pan drippings.

CHICKEN DIVAN

1 bunch broccoli or
1 package frozen broccoli
1 cup thick white sauce
½ cup melted butter
½ teaspoon curry powder
½ cup whipped cream
2 egg yolks
1 tablespoon sherry wine
Sliced chicken
Parmesan Cheese

1—Cook broccoli. 2—Thin white sauce with butter and curry powder; whipped cream and egg yolks blended with wine; add sliced chicken. 3—Place broccoli in a shallow baking dish; pour chicken mixture over broccoli. Place dish in broiler pan; broil 3 inches from heat 5 minutes. 4—Sprinkle with Parmesan cheese; broil 2 minutes longer or until cheese is golden brown.



Courtesy Corning Glass Works

SOUTH AMERICAN ROAST CHICKEN

Temp. 350 **Time 2½ hours** **Yield 6 servings**

[illegible]

1. Wash and dry chicken thoroughly. Rub inside with salt and pepper. Mix garlic powder, oregano, and cumin. Rub chicken inside and out with this mixture. Let stand at room temperature for 1 hour. Place chicken on rack in roasting pan. Roast in moderate oven (350°F.) for 2½ hours or until tender. Baste with pan juices every 30 minutes. Remove chicken to platter and keep warm. Skim fat from pan juices. Add water to pan juices to make 1 cup. Add to gravy base and cook, stirring constantly, until thickened. Season to taste with salt and pepper. Serve with chicken.

OVEN FRICASSEE OF CHICKEN

Temp. 350 **Time 1½ hours**

1. Select a young chicken for fricassee. Cut up for frying. 2. Wash each piece well and dry. Roll in flour. Brown in hot fat in skillet. 3. Place chicken in casserole. Add onion, salt, pepper, and water. Cover tightly and bake in moderate oven (350°F.) for 1½ hours or until tender. 4. Remove chicken to platter and keep warm. Add milk to pan juices. Thicken with flour. Season to taste with salt and pepper. Serve with chicken.

CHICKEN A LA KING IN NOODLE RING

Temp. 350 **Time 45 minutes**

NOODLE RING

[illegible] egg noodles
[illegible] eggs [illegible]
[illegible]
[illegible]
2 teaspoons grated onion
[illegible]
[illegible]
[illegible]
[illegible] (optional)
[illegible] cheese

[illegible]

CHICKEN A LA KING

[illegible]
[illegible] chopped
[illegible]
[illegible] cooked chicken or turkey
[illegible]
½ green pepper, chopped
[illegible]
[illegible]

[illegible] and pepper.

OVEN FRIED CHICKEN

Temp. 350 **Time 30 minutes—1 hour**

[illegible]

[illegible]

TO MAKE CHICKEN GRAVY

[illegible] pepper and serve over Oven Fried Chicken.

BROILED CHICKEN

See page 24 under Broiling

Bread Making

GENERAL DIRECTIONS FOR BREAD MAKING

Ingredients Used

FLOUR All-purpose or bread flour should be used for [illegible] recipes. Whole wheat flour can be substituted for part of the white flour.

SHORTENING Vegetable shortening, butter, margarine, or lard may be used. Shortening helps to make the bread tender and gives it a better flavor.

LIQUIDS Water, milk, potato water, fruit juices, or a combination of these liquids may be used. Milk makes a bread with a finer texture and a richer flavor. Scalded milk is milk that has been heated to just below the boiling point and then cooled to lukewarm. Scalding destroys an enzyme in milk that would otherwise prevent the bread from rising properly.

YEAST Yeast is a tiny plant that grows rapidly when it is given warmth, moisture, and food. As it grows, it produces gas bubbles that cause the dough to rise. Yeast is sold in two forms: compressed yeast cakes and dry granular yeast. Both kinds work equally well, but compressed yeast cakes are more widely used because they work more quickly.

SALT Salt is added to bread dough to improve the flavor and to control the growth of yeast. Too much salt will prevent the yeast from growing properly, and too little salt will cause the bread to rise too rapidly. Without enough salt, the bread will have a poor flavor and a coarse texture.

SUGAR Sugar is added to bread dough to provide food for the yeast and to help the bread brown during baking. Sugar also makes the bread more tender and gives it a better flavor. Honey, molasses, corn syrup, and brown sugar may be used in place of granulated sugar. When these sweeteners are used, the amount of liquid in the recipe may need to be adjusted. Honey and molasses are sometimes called "sensitive" ingredients because they can cause the bread to fall during baking.

EGGS Eggs add color, flavor, and richness to bread. They also help to make the bread more tender. Eggs should be beaten before they are added to the dough.

MILK SOLIDS Dry milk solids increase the nutritive value of bread and improve the flavor. They also help to prevent the bread from drying out too quickly.

FLAVORINGS Spices, herbs, and other flavorings may be added to bread dough to give it a special flavor. Cinnamon, nutmeg, and allspice are commonly used spices. Caraway seeds, poppy seeds, and sesame seeds are often sprinkled on the top of the loaf before baking.

MOLDING A LOAF OF BREAD

Photographs Courtesy Wheat Flour Institute

Fold Lengthwise

Fold Lengthwise Again

BREAD MAKING STEP BY STEP

Conventional—Knead Method

Scald [illegible] evaporated or condensed milk which are diluted with water [illegible]

2. Add [illegible]

3. [illegible]

4. Add [illegible]

5. Crumble the compressed yeast [illegible] small amount of [illegible] warm water.

6. [illegible] mixing well.

[illegible]

Note: [illegible]

8. Knead [illegible] dough no longer sticks to the [illegible]

9. TO KNEAD BREAD: [illegible] palm of the [illegible] the dough [illegible] edge, folding [illegible] dough feels [illegible]

10. FIRST [illegible] the dough in a [illegible] greased bowl. [illegible] dough [illegible] 80-85 degrees [illegible] double in bulk.

11. SECOND RISING: [illegible] When the dough is light [illegible] by plunging the hand into the dough and folding [illegible] dough in the bowl so that the smooth side of the ball is up. Then [illegible] grease the top, cover the bowl and allow [illegible] While the second rising is not absolutely necessary [illegible] it improves the texture and the flavor of the finished loaf.

12. [illegible] After the second rising the dough is ready for molding and shaping into loaves. [illegible] "seam" underneath. Brush top lightly with melted fat, and set in warm place (80-85 degrees) to rise until [illegible] doubled in bulk. Continued on next page

[illegible] BAKING — When loaf has doubled [illegible] in a preheated oven. Bake [illegible] temperature and time for baking.

[illegible] When it appears done, thump loaf with finger [illegible] done [illegible] loaf shrinks slightly from edges of pan.

[illegible] After removing from oven, take bread [illegible] place on rack [illegible] brush the top of the loaf [illegible] from the oven.

No Knead Method

Scald the milk.

2 Add fat, sugar and salt. Add the water [illegible] lukewarm.

[illegible] Crumble [illegible] yeast [illegible] Mix well.

Blend in eggs.

5 Add [illegible] flour [illegible] bread making [illegible] in greased bowl, cover and [illegible] at least two hours.

6 Shape into loaves and place in greased loaf pans.

Let rise in warm place [illegible] about double in bulk [illegible] dough [illegible]

Bake as directed in recipe.

9 Immediately after removing from the oven, take bread [illegible] pans and place on racks to cool. For soft [illegible] the top of the loaf [illegible] as soon as it comes from the oven.

NO-KNEAD BREAD

Temp. 350 **Time 1 hour** **[illegible] loaves**

[illegible] cups scalded milk	[illegible] cups water
[illegible] shortening	[illegible] yeast
½ cup sugar	3 eggs
2 tablespoons salt	9 [illegible] cups [illegible] flour

1—Combine scalded milk, shortening, sugar and salt. [illegible] lukewarm [illegible] yeast [illegible] mixture. Mix well. [illegible] Blend in eggs. 5—Add the [illegible] flour [illegible] dough is well blended [illegible] desired. 6—Shape dough [illegible] floured board. 7—Place in greased loaf pans. 8—[illegible] in warm [illegible] 80-85 degrees [illegible] double in bulk. 9—Bake in preheated oven [illegible] When using electric mixer [illegible] 1 minute at low speed. Add remaining flour and [illegible]

YEAST BREAD RECIPES

WHITE BREAD

4—1 pound loaves

Temp. 375–400 Time 45 minutes

or

400–425 25 minutes then 350–375 for 30–40 minutes

2 cups milk
¼ cup granulated sugar
[illegible]
2 tablespoons shortening
2 cups water
About 12 cups sifted enriched flour
(3 quarts)
2 tablespoons salt
[illegible]
1½ cups lukewarm water

For directions for making and shaping see Making Simple Yeast Breads page 11

[illegible] Scald milk; pour into large mixing bowl. 2. When mixture cools to lukewarm, add yeast softened in water. Stir in sugar, salt, shortening and flour to make a soft dough. 3. Turn out on lightly floured board and knead until smooth and elastic. 4. Place in greased bowl, cover and let rise in warm place (85°) until double in bulk. 5. Punch down and let rise again until almost double in bulk. 6. Turn out on lightly floured board and divide into 4 equal parts. Shape into loaves and place in greased pans. 7. Let rise until almost double in bulk. 8. Bake in moderate oven (375°–400°) for 45 minutes. If crust becomes too brown cover with brown paper. [illegible] Brush with melted butter. Remove from pans and cool on wire racks.

WHOLE WHEAT BREAD

2—1 pound loaves

Temp. 400–425 Time 15 minutes

then

350–375 30–40 minutes

2 cups scalded milk
¼ cup tablespoons granulated sugar
1 tablespoon salt
¼ cup shortening
1 cake compressed yeast
½ cup lukewarm water
3 cups unsifted whole wheat flour
3 cups sifted enriched flour

Follow general directions for White Bread, adding granulated sugar to yeast in Step 1.

RAISIN BREAD — Add 2 cups raisins as directed in Yeast Bread Dough page 12. Add raisins to the dough just before shaping into loaves.

[illegible] Add 2 cups pitted chopped dates when adding raisins. Roll in mixture of 2 tablespoons sugar and 2 tablespoons flour before adding to dough as directed in Yeast Bread Dough page 12. Bake in moderate oven (350°–375°) for 45 minutes.

SHAPING ROLLS

Photographs Courtesy Wheat Flour Institute

ROLLS, BUNS, COFFEE CAKES

YEAST ROLLS
Basic Recipe

Temp: 400-425 Time: 15-25 minutes Yield: about 4 dozen rolls

1 cup milk, scalded
½ cup shortening
½ cup sugar
1 tablespoon salt
2 cakes compressed yeast
2 eggs, well beaten
6 cups sifted all-purpose flour

Cool milk, add shortening, sugar and salt. Crumble yeast and dissolve in lukewarm water. Add to milk mixture. Add eggs and beat well. Add flour and knead lightly on floured board. Place in greased bowl, cover and let rise in warm place until double in bulk. Punch down and let rise again until double in bulk. Shape into rolls and place in greased pans. Let rise until double in bulk. Bake.

YEAST ROLL VARIATIONS

[illegible] Yeast Rolls [illegible] the dough is large enough to [illegible] Roll out ½ inch thick and cut with a 2½ inch biscuit cutter. Dip handle of wooden spoon in melted butter and crease dough slightly off center. Fold large half over smaller half and place in greased pan. Let rise and bake as directed in Basic Recipe.

[illegible] Yeast Rolls [illegible] Roll out ¼ inch thick and cut with a 2½ inch biscuit cutter. Dip handle of wooden spoon in melted butter and crease dough slightly off center. Fold large half over smaller half and place in greased pan. Let rise and bake as directed in Basic Recipe.

[illegible] Yeast Roll [illegible] Roll out ¼ inch thick. Spread with melted butter and sprinkle with sugar and cinnamon. Roll up like a jelly roll and cut into 1 inch slices. Place in greased pan and let rise and bake as directed in Basic Recipe.

PARKER HOUSE ROLLS: Roll out dough ½ inch thick and cut with a 2½ inch biscuit cutter. Crease each piece of dough slightly off center with a dull edge knife. Brush with melted butter and fold over. Press edges together gently. Place in greased pan 1 inch apart and let rise and bake as directed in Basic Recipe.

CINNAMON ROLLS: Follow Steps 1-4 in Basic Recipe. Roll out half of the dough to ¼ inch thickness. Brush generously with melted butter. Mix ½ cup granulated sugar, 1 tablespoon cinnamon, and ½ cup raisins. Roll up like a jelly roll and cut into 1 inch slices. Place slices cut side down in greased pan. Let rise and bake as directed in Basic Recipe. Mix 1 cup confectioners sugar and enough cream to make thin icing. Spread on rolls while warm. Serve warm.

PECAN ROLLS: Follow Steps 1-4 in Cinnamon Roll Recipe. Melt ¼ cup butter in a saucepan, add ½ cup brown sugar and 2 tablespoons water. Cook slightly and pour a small amount into 12 muffin cups. Sprinkle bottom of baking dish or muffin cups with pecan halves and place slices cut side down in syrup. Let rise and bake as directed in Basic Recipe.

Continued on next page

RICH REFRIGERATOR ROLLS

Recipe 425 **Time 15-25 minutes** **Yield 3 dozen rolls**

- 1 pkg. dry yeast
- ¼ cup lukewarm water
- 1 cup milk
- 2 tablespoons sugar
- ½ cup shortening
- 2 eggs, beaten

Soften yeast in water. Scald milk and add sugar, salt and shortening. Cool to lukewarm and add yeast. Add eggs and enough flour to make a soft dough. Knead on floured board until smooth and elastic. Place in greased bowl, cover and let rise until double in bulk. Punch down and let rise again. Shape into rolls and place in greased pans. Let rise until double in bulk. Bake in hot oven (400°F.) 15-20 minutes.

HOT CROSS BUNS

Recipe 400-425 **Time 15-25 minutes** **Yield 12 dozen rolls**

- 1 cake compressed yeast
- 2 tablespoons lukewarm water
- 1 teaspoon granulated sugar
- ½ cup scalded milk
- ½ cup shortening
- ½ cup sugar
- 1 teaspoon salt
- 1 egg, beaten
- ½ cup currants
- ½ cup candied citron, cut fine
- 3 cups sifted all-purpose flour
- 1 egg white
- 2 cups confectioners' sugar

Dissolve yeast in water with 1 teaspoon sugar. Combine scalded milk, shortening, sugar and salt. Cool to lukewarm and add yeast. Add egg, currants, citron and flour. Knead on floured board until smooth and elastic. Place in greased bowl, cover and let rise until double in bulk. Punch down and let rise again. Shape into rolls and place in greased pans. Let rise until double in bulk. Bake in hot oven (400°F.) 15-20 minutes. Combine egg white and confectioners' sugar. Spread on buns while hot.

CRUSTY HARD ROLLS

Temp. 450 | Time 20 minutes | Yield 2 dozen rolls

1 cup lukewarm water
1 cake compressed yeast
1 tablespoon sugar
1 tablespoon salt
1 tablespoon shortening
1 egg white
3-4 cups sifted enriched flour

1—Soften yeast in water. 2—Beat egg white until stiff but not dry. Add salt, sugar and shortening and beat well. Add 1 cup flour, beating well. 3—Add yeast and remaining flour to make a soft dough. Knead until smooth and elastic on floured board. Place in greased bowl, brush top with melted shortening, cover and let rise in warm place until double in bulk. Punch down, turn in greased bowl and allow to rise again until double in bulk. Punch down and divide into 24 pieces. Shape into rolls and place on greased pan. Let rise until double in bulk. Brush with cold water. 4—Bake in hot oven (450°) 20 minutes. Place in pan of water in bottom of oven to produce steam. Remove rolls from pan and cool on wire rack.

COFFEE CAKE—RAISED MUFFINS

Basic Butter No-Knead Method

Temp. 375 | Time 20-30 minutes

Yield 2½ dozen 2-inch muffins or 2 coffee cakes 8 inches in diameter

½ cup shortening
½ cup sugar
1 teaspoon salt
½ cup lukewarm water
1 cup milk
2 cakes compressed yeast
4 cups sifted enriched flour
1 egg
½ cup currants
½ cup chopped candied fruit
½ teaspoon mixed spices (optional)

1—Soften yeast in lukewarm water. 2—Scald milk and pour over shortening, sugar and salt. Cool to lukewarm. 3—Add 2 cups flour and beat well. Add yeast and egg, beat well. Add remaining flour, currants, candied fruit and spices. Beat well. Dough should be soft enough to drop from spoon. Cover and let rise in warm place until double in bulk. Stir down and fill greased muffin pans ⅔ full. Let rise until double in bulk. Bake in hot oven (375°) 20 minutes. Remove from pans and cool on wire racks. For coffee cake, spread dough in greased pan 8 inches in diameter and 2 inches deep. Let rise until double in bulk. Bake in hot oven (375°) 30 minutes. Remove from pan and cool on wire rack.

Variations of Basic Butter

PARKER HOUSE ROLLS—After first rising, roll dough ½ inch thick. Cut with floured 3-inch biscuit cutter. Crease each roll slightly off center with dull edge of knife handle. Fold over so that smaller section overlaps slightly. Place close together in greased pan. Let rise until double in bulk. Bake as directed in basic recipe.

SNOWFLAKE ROLLS—Make rolls as in basic recipe. After first rising, roll dough ½ inch thick. Cut with floured 3-inch biscuit cutter. Brush each roll with melted butter. Fold each roll in half and place close together in greased pan. Let rise until double in bulk. Bake as directed in basic recipe.

CLOVERLEAF ROLLS—Make rolls as in basic recipe. After first rising, roll dough into balls the size of walnuts. Place 3 balls in each greased muffin cup. Let rise until double in bulk. Bake as directed in basic recipe.

CRESCENT ROLLS—Make rolls as in basic recipe. After first rising, roll dough ¼ inch thick. Cut with floured 3-inch biscuit cutter. Brush each roll with melted butter. Fold over so that smaller section overlaps slightly. Place close together in greased pan. Let rise until double in bulk. Bake as directed in basic recipe.

QUICK BREADS

BAKING POWDER BISCUITS

Temp. 450-475 **Time 12-15 minutes** **Yield 12-18 biscuits**

2 cups sifted enriched flour
4 teaspoons baking powder
½ teaspoon salt
4 tablespoons shortening
½ cup milk, about

Sift flour with baking powder and salt. 2—Cut in shortening until mixture is like coarse meal. 3—Add milk all at once. Stir quickly with a fork until dough follows fork around bowl. 4—Turn out on lightly floured board. Knead lightly about ½ minute. 5—Roll or pat out ½ inch thick. Cut with floured cutter. Place on greased baking pan. 6—Bake in preheated oven as directed above.

SHORTCAKE

Temp. 450 **Time 15 minutes** **Yield 6-8 servings**

Add 2 tablespoons sugar to milk for making baking powder Biscuits above. Add 2 tablespoons sugar to the flour. 2—Roll or pat dough out half as thick as for biscuits. Cut with floured cutter. Place on greased baking pan. 3—Bake in preheated oven as directed above. 4—Split shortcakes while hot and fill with sweetened fruit. Top with whipped cream and more fruit. Serve at once. Delicious made with strawberries or other fruit.

PLAIN MUFFINS

Temp. 400-425 **Time 20-25 minutes** **Yield 10-12 muffins**

2 cups sifted enriched flour
2 tablespoons baking powder
½ teaspoon salt
1 egg, well beaten
½ cup milk
¼ cup melted shortening

Mix and sift dry ingredients into a mixing bowl. 2—Mix egg with the milk and beaten egg and shortening. 3—Add liquid all at once to dry ingredients. Stir quickly just enough to moisten flour. 4—Fill greased muffin pans two-thirds full. 5—Bake in preheated oven as directed above.

MUFFIN VARIATIONS

APPLE MUFFINS: Add ½ cup grated, unpeeled apple and 1 tablespoon sugar to Plain Muffin recipe in Step 3.

BLUEBERRY MUFFINS: Add 1 tablespoon sugar and 1 cup blueberries to Plain Muffin recipe after Step 3.

DATE NUT MUFFINS: Add ½ cup pitted, chopped dates and ½ cup chopped nuts to Plain Muffin recipe after Step 3.

WHOLE WHEAT MUFFINS: Follow the recipe for Plain Muffins above except use whole wheat flour and omit the 2 tablespoons sugar. Bake as directed above.

BRAN MUFFINS

Temp. 400-425 **Time 20-25 minutes** **Yield 12 muffins**

2 cups sifted enriched flour
3½ teaspoons baking powder
½ teaspoon salt
¼ cup brown sugar
2 cups whole bran
1 cup chopped dates or raisins
¾ cup chopped nuts (optional)
1 egg, well beaten
1 cup milk
¼ cup melted shortening

1—Sift flour, baking powder and salt together. Add bran, dates, nuts and sugar. 2—Combine beaten egg, milk and melted shortening. Add all at once to dry ingredients. Stir just enough to moisten flour. 3—Fill greased muffin pans two-thirds full. 4—Bake in preheated oven as directed above.

Muffins, Breadsticks and Corn Bread

CORN BREAD

Temp: 400-425 | Time: 20-30 minutes | Yield: 9 to 12 servings

- 1 cup all-purpose flour
- 1 cup cornmeal
- 2 tbsp sugar
- 1 tsp salt
- 4 tsp baking powder
- 1 cup milk
- 1 egg
- 1/4 cup vegetable oil

In a bowl, combine flour, cornmeal, sugar, salt and baking powder. Add milk, egg and oil; stir just until moistened. Pour into a greased 8-inch square baking pan. Bake at 400° for 20-25 minutes or until golden brown. Serve warm.

QUICK WHOLE WHEAT BISCUITS

Temp: 425-450 | Time: 10-20 minutes | Yield: Large or several small biscuits

- 2 cups whole wheat flour
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/3 cup shortening
- 1 cup milk

In a large bowl, mix dry ingredients. Cut in shortening until mixture resembles coarse crumbs. Add milk all at once, stirring just until dough clings together. Turn onto a floured surface; knead gently 10 times. Roll or pat dough 1/2 inch thick. Cut with floured biscuit cutter. Place on ungreased baking sheet. Bake at 450° for 10-15 minutes or until golden brown.

POPOVERS

Temp: 450 for 20 minutes
then
350 for 20 minutes

Yield: 12 popovers

- 4 eggs
- 2 cups all-purpose flour
- 2 cups milk
- 1/2 teaspoon salt
- 2 tablespoons melted butter

In bowl, beat eggs well. Add flour, milk, salt and butter; beat until smooth. Fill greased muffin cups 1/3 full. Bake at 450° for 20 minutes. Reduce heat to 350° and bake 20 minutes more. Serve hot.

Cakes

STEPS IN MAKING BUTTER CAKES

Contributed by Mrs. [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Quick & One Bowl Method

STANDARD BUTTER CAKE

Loaf Cake Temp. 350 — Time 1 hour or more
Layer Cake Temp. 375 — Time 25-35 minutes
Chocolate Layer Temp. 350 — Time 30-40 minutes
Cup Cakes Temp. 350-375 — Time 20-30 minutes

½ cup butter or other shortening — 2 cups sifted cake flour
1 cup sugar — 3 teaspoons baking powder
2 eggs — ½ teaspoon salt
1 teaspoon vanilla — ¾ cup milk

1—Cream shortening, add sugar gradually and cream together well. Add eggs one at a time, mixing well after each. Add flavoring. 2—Sift together flour, baking powder and salt. 3—Add dry ingredients alternately with milk, a small amount at a time, beating well after each addition until batter is smooth. 4—Pour into greased pans. Bake in moderate oven (350°F.) 30 to 40 minutes. Remove cake from pans and cool on cake rack.

ORANGE CAKE: Follow Standard Butter Cake recipe adding 2 tablespoons grated orange rind with milk. Fill and frost with Orange Butter Icing. Walnut halves may be added.

SPICE CAKE: Follow Standard Butter Cake recipe adding 1 teaspoon cinnamon, ½ teaspoon nutmeg, ½ teaspoon cloves to sifted flour.

CHOCOLATE CHIP CAKE: Follow standard butter cake recipe adding 2 squares sweet baking chocolate, grated in fine pieces.

SILVER WHITE LAYER CAKE
Quickie One Bowl Method

Temp. 375 — Time 30 minutes

2 cups sifted cake flour — 1 cup sugar
1 teaspoon salt — 4 teaspoons baking powder
½ cup vegetable shortening — 1 cup milk

Sift dry ingredients into mixing bowl or bowl of electric mixer. Add shortening and ¾ cup milk. Beat 2 minutes at medium speed. Add remaining milk, eggs and vanilla. Beat 2 minutes longer. Pour into 2 greased 8-inch layer cake pans. Bake in moderate oven (350°F.) 30 minutes. Cool in pans 10 minutes, remove from pans and cool thoroughly. Frost with Seven Minute Frosting.

CHOCOLATE MOCHA CAKE
Quickie One Bowl Method

Temp. 350 — Time 30-35 minutes

1½ cups sifted cake flour — 1½ cups sugar
1 teaspoon baking powder — 2 squares unsweetened chocolate, melted
1 teaspoon soda — ¾ cup sour milk or buttermilk
1 teaspoon salt — 2 eggs
1 teaspoon cinnamon — ½ cup melted shortening, cool
½ cup cocoa — 1 teaspoon vanilla extract

1—Sift together dry ingredients into large mixing bowl or bowl of electric mixer. 2—Add chocolate, shortening, ½ cup milk and vanilla. Beat 2 minutes at medium speed. 3—Add remaining ¼ cup sour milk, eggs and beat 2 minutes longer at medium speed. 4—Pour into 2 greased 8-inch layer cake pans. Bake in moderate oven (350°F.) as directed above.

APPLESAUCE CAKE

[illegible] Temp. 375 [illegible] Time 25-35 mins.

[illegible]
[illegible]
[illegible]
[illegible]
½ teaspoon salt
1 teaspoon cinnamon

[illegible] Temp. 350 [illegible] Time 45-60 mins.

[illegible]
½ teaspoon soda
[illegible]
[illegible]
1 cup chopped nuts
1 cup cold applesauce

[illegible] 6—Bake in preheated oven as directed above. 7—Frost [illegible]

DEVIL'S FOOD CAKE

[illegible] Temp. 350

[illegible] Time 25-35 minutes

[illegible]
[illegible]
1½ cups milk
½ cup shortening
[illegible]

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

2 squares chocolate

1—Mix cocoa with brown sugar. 2—Scald [illegible]

[illegible] APPLESAUCE CAKE

[illegible] Temp. 375

[illegible] 20-25 minutes

[illegible]
[illegible]
[illegible]
[illegible]

[illegible]
½ cup milk [illegible]
2 tablespoons melted butter
[illegible]

1—Heat [illegible] 5—Stir [illegible] 6—Bake [illegible]

BANANA CAKE

[illegible] Temp. 375

[illegible] Time 25-35 minutes

½ cup butter
[illegible]
2 eggs
[illegible]

1½ cups sifted cake flour
[illegible]
[illegible]
[illegible]

1—[illegible] 4—Pour into 2 well greased [illegible] 5—Bake [illegible] and ice with Currant Jelly Icing.

ANGEL FOOD CAKE

Temp. 325 **Time 60-75 minutes**

[illegible]

1. Sift together three times ½ cup of the sugar and [illegible]

2. [illegible] whites are glossy but not dry. Fold in the remaining sugar, [illegible]

3. Then add 1 cup of sugar gradually, [illegible] and gently fold in after each addition. [illegible] flavoring.

4. [illegible] and bake in [illegible] 125 and bake for 1 ½ hours as directed above.

5. [illegible]

6. [illegible] slide from pan. Handle gently by taking care not to tear the tender soft cake.

ANGEL FOOD VARIATIONS

[illegible] [illegible] Make Angel Food recipe [illegible] sugar. Sift the flour [illegible] sugar. Fold in the sugar. Bake in [illegible] angle food.

[illegible] [illegible] Make Angel Food recipe [illegible] Marschino Cherries sliced or chopped and [illegible] sugar. Fold in the cherries [illegible] Bake as directed above.

[illegible] Make recipe of Angel Food [illegible] Bake as directed above.

ANGEL FOOD VARIATIONS—Cont'd

[illegible] ... of the batter. [illegible] ... after mixing.

[illegible]

GOLDEN SPONGE CAKE

Temp. 325 — Time 50-60 minutes

[illegible]

½ teaspoon salt

[illegible]

½ teaspoon lemon extract

1. Beat whites until thick and lemon colored. [illegible] all dissolved. 2—Mix [illegible] ... ungreased tube pan and place in cold oven. [illegible]

SPONGE CAKE

Temp. 325 — Time 40-50 minutes

7 egg yolks

7 egg whites

[illegible] sugar

¼ teaspoon salt

[illegible]

[illegible] grated lemon rind

[illegible] lemon juice

[illegible]

[illegible] cake flour

1. [illegible]

CHOCOLATE PEPPERMINT ROLL

Temp. 375 **Time 15 minutes**

- 3 eggs
- [illegible] teaspoon cream of tartar
- [illegible]
- 1 teaspoon vanilla
- ⅔ cup sifted cake flour
- [illegible] cup cocoa
- 1 teaspoon [illegible]
- 6 tablespoons [illegible] water

Beat eggs until [illegible] add [illegible] cream of tartar [illegible] [illegible] [illegible] [illegible] sugar gradually [illegible] [illegible] Add flavoring [illegible] [illegible] [illegible] [illegible] greased jelly roll pan [illegible] [illegible] waxed [illegible] [illegible] [illegible] Bake in preheated oven [illegible] [illegible] [illegible] roll. 7—[illegible] when cool, remove waxed paper and spread with filling [illegible] roll [illegible] place on platter [illegible] [illegible] [illegible]

FILLING

- ½ pint cream, whipped
- [illegible] cup [illegible] peppermint [illegible]

Whip cream until stiff. [illegible]

FROSTING

- [illegible] squares unsweetened chocolate
- 1 tablespoon water
- 1 can condensed milk ([illegible] ounces)

Melt chocolate and condensed milk [illegible] [illegible] [illegible] stir until smooth. Spread on chocolate peppermint roll.

OLD ENGLISH FRUIT CAKE

Temp. 250-275 **Time 3-4 hours**

- 1 pound seeded raisins
- 1 pound currants
- ½ pound citron
- ½ pound dates
- ¼ pound orange peel (candied)
- ¼ pound lemon peel (candied)
- ½ cup candied cherries
- ½ cup candied pineapple
- 2 cups flour
- 1½ teaspoons cinnamon
- ½ teaspoon mace
- 1 teaspoon nutmeg
- 1 teaspoon allspice
- ½ teaspoon salt
- 1 cup butter
- 1 cup sugar
- 6 eggs
- Juice 1 lemon
- ½ cup orange [illegible]
- ½ pound [illegible] almonds

1—Mix fruit with ½ sifted dry ingredients. 2—[illegible] butter [illegible] sugar [illegible] creaming [illegible] [illegible] eggs one at a time beating well after each add. [illegible] [illegible] [illegible] adding egg [illegible] to fruit mixture. 5—Grease large 10-inch tube cake pan or [illegible] loaf pans. Line with waxed paper. Then grease the waxed paper. Pour fruit cake batter in pan [illegible] [illegible] Bake in preheated oven [illegible] [illegible] Remove from pans [illegible] [illegible] [illegible] wrapped [illegible] [illegible] [illegible] [illegible] [illegible] waxed paper [illegible] [illegible] [illegible] 9—If desired [illegible] [illegible] [illegible] from time to time [illegible] [illegible] [illegible] wrap all in waxed paper. 10—Cakes may [illegible] [illegible] week storage but the longer they are stored the better the flavor.

Icings, Fillings, Sauces

FLUFFY SEVEN MINUTE ICING

Time — 7 minutes — Icing — Two 8-inch Layers

2 egg whites, unbeaten
1½ cups granulated sugar
⅓ teaspoon salt
⅓ cup cold water
1 tablespoon light corn syrup
1 teaspoon vanilla

Combine egg whites, sugar, salt, water and corn syrup in top of double boiler. Place over boiling water (water should not touch bottom of upper pan). Beat with rotary egg beater or electric mixer about 7 minutes or until icing will stand in peaks. Remove from boiling water. Add vanilla. Beat until thick enough to spread.

BROWN SUGAR ICING

Make like Seven Minute Icing, using 1 cup brown sugar instead of granulated sugar. Omit vanilla and add ½ teaspoon maple flavoring.

CHOCOLATE ICING

Add to Seven Minute Icing 2 squares melted chocolate.

CREAMY CHOCOLATE ICING

2 squares chocolate
2 tablespoons butter
1 cup confectioner's sugar
½ teaspoon salt
½ cup evaporated milk or cream

Melt chocolate and butter over boiling water. Add salt and cream. Remove from heat. Add sugar, stirring to blend. Return to heat and cook slowly, stirring constantly, until mixture is thick enough to spread. Remove from heat and beat until smooth and cool enough to spread. Add more sugar if necessary to give spreading consistency. Beat until smooth.

CARAMEL ICING

Follow recipe for Brown Sugar Icing. Drop chocolate. Spread on cooled cake with chopped nuts if desired.

BAKED ICING

2 egg whites
¼ teaspoon salt
¼ teaspoon cream of tartar or baking powder
1 cup brown sugar
1 cup chopped nuts

Beat egg whites with salt until foamy. Add cream of tartar or baking powder and beat until stiff but not dry. Add sugar gradually, beating well after each addition. Fold in nuts. Spread on cake and bake in slow oven (300°F.) about 25 minutes or until icing is set and delicately browned.

APRICOT FILLING

½ pound dried apricots [illegible] — ½ [illegible] pineapple
[illegible] sugar — [illegible]

1. Wash dried apricots, place in saucepan [illegible] add sugar [illegible] [illegible] [illegible] [illegible] [illegible]

FIG FILLING

[illegible] sugar — ½ pound figs, chopped
2 [illegible] — 2 tablespoons lemon juice
½ cup boiling water — [illegible]

[illegible] smooth and thick. 2. Add figs, lemon juice and [illegible]

FRUIT FILLING AND ICING

2 cups sugar — [illegible]
[illegible] — [illegible]
[illegible] — [illegible]
[illegible] — [illegible]
[illegible] — [illegible]
[illegible] — [illegible]

[illegible]

CURRANT JELLY ICING

[illegible] — 1 egg white
Pinch [illegible]

[illegible] over low heat. Beat with double egg beater [illegible]

BAKED CRANBERRY SAUCE

Temp. 325 — **Time 40 minutes**

[illegible] — [illegible]
1½ [illegible] sugar

[illegible]

WHITE SAUCE

Time 5-7 minutes — **Makes [illegible] 1 cup sauce**

	[illegible]	[illegible]	[illegible]	[illegible]
Flour	[illegible] tablespoon	[illegible] tablespoons	[illegible]	[illegible]
[illegible]	[illegible] tablespoons	2 [illegible] tablespoons	[illegible]	[illegible]
Milk	[illegible] tablespoons	4 [illegible]	[illegible]	[illegible] cup

[illegible]

Cookies

TIPS ON MAKING COOKIES

1. For shortening, a little more than ½ cup will usually be enough for 1 lb flour. Use the smaller amount for cookies to be rolled thin and the larger amount for those to be dropped from a spoon. Butter will make a richer, tender cookie.

2. Roll dough on a lightly floured board or pastry cloth. Use a stockinet cover on rolling pin to prevent sticking. Keep dough cool. Roll only enough dough at one time to cut cookies. Work lightly and quickly with soft dough. A pastry cloth is helpful for rolling cookies. Use a floured rolling pin.

3. Dip cutter in flour before cutting each cookie to prevent dough from sticking to it.

4. Bake cookies on ungreased cookie sheet. Place cookies 2 inches apart. Bake in moderately hot oven (400°F.) unless otherwise directed.

5. If cookies brown too quickly, place a sheet of brown paper over them.

6. Remove cookies from pan immediately after baking. Cool on wire racks.

7. Store soft cookies in a tightly covered container. Store crisp cookies in a loosely covered container.

8. Cookies may be frozen. Wrap in moisture-vapor proof material. Label and date. Thaw in wrapper at room temperature.

9. Cookies may be packed in tins or boxes for mailing. Wrap each cookie individually in wax paper or aluminum foil. Pack firmly to prevent breakage.

10. Cookies may be baked on the bottom shelf of the oven. Bake one sheet at a time. Place sheet in center of oven. Watch carefully. Cookies will be done when edges are lightly browned.

11. Cookies may be baked on the top shelf of the oven. Bake one sheet at a time. Place sheet in center of oven. Watch carefully. Cookies will be done when edges are lightly browned.

REFRIGERATOR COOKIES

Temp. 400-425 **Time 8-12 minutes**

½ cup fat (¼ cup margarine)
1 cup light brown sugar
1 egg
½ teaspoon vanilla extract
2 cups sifted all-purpose flour
½ teaspoon salt
½ teaspoon baking soda
½ cup broken nutmeats

Cream fat thoroughly. Add sugar gradually and cream together well. Add egg and vanilla and beat well. Sift flour once before measuring. Sift with salt and soda. Add to first mixture and mix well. Add nuts. Shape into rolls 1½ inches in diameter. Wrap in wax paper and chill in refrigerator overnight or until firm. Cut in thin slices. Bake on ungreased cookie sheet.

CRISP SUGAR COOKIES

Temp. 375-400 **Time 8-12 minutes**

½ cup butter or other shortening
1 cup granulated sugar
2 eggs, well beaten
1 tablespoon milk
2½ cups sifted enriched flour
1 teaspoon baking powder
½ teaspoon salt
½ teaspoon vanilla
½ teaspoon lemon extract

1—Cream butter and sugar well together, add eggs and beat well. 2—Add flour sifted with baking powder and salt alternately with milk and flavoring. 3—Chill dough thoroughly. 4—Roll out small portion of dough at a time on lightly floured board to ⅛ inch thickness. Cut with floured cookie cutter. 5—Place on ungreased cookie sheet. Bake in preheated oven as directed above.

CHOCOLATE COOKIES Add 2 squares melted unsweetened chocolate to sugar mixture above. Add chocolate to creamed shortening and sugar mixture.

PINWHEEL COOKIES Make dough by the recipe given above. Divide dough in half. Add 2 squares melted unsweetened chocolate to one half. Roll each portion of dough between sheets of waxed paper to form rectangles ¼ inch thick. Remove top sheet of waxed paper from each piece of dough. Place chocolate dough on top of plain dough. Roll up like a jelly roll, beginning with narrow end. Chill dough. Cut in slices ¼ inch thick. Bake as directed above.

FILLED COOKIES

Temp. 375-400 **Time 10-12 minutes**

½ cup raisins, chopped
½ cup dates, chopped
½ cup sugar
½ teaspoon salt
1 teaspoon grated lemon rind
1 tablespoon cornstarch
½ cup cold water
1 tablespoon lemon juice
½ cup butter or shortening
2 cups sifted enriched flour
½ teaspoon soda
½ teaspoon salt
½ cup sugar
½ cup thick sour cream

1—Combine raisins, dates, sugar, salt and lemon rind in saucepan. 2—Dissolve cornstarch in cold water and mix with fruit mixture. Cook until thick, stirring constantly. Cool. 3—Blend butter and shortening together. 4—Sift flour, soda and salt together and add alternately with sour cream to first mixture. 5—Roll out dough ⅛ inch thick on lightly floured board. Cut with floured cookie cutter. 6—Place half the rounds on ungreased cookie sheet. Put 1 teaspoon of filling on each round of dough. Cover with remaining rounds of rolled dough, sealing edges by pressing together with tines of fork. Slit tops with sharp knife. Sprinkle with granulated sugar. Bake on greased cookie sheet in moderately hot oven as directed above.

BROWNIES

Temp. 350 **Time 30-35 minutes**

½ cup butter or other shortening
2 ounces chocolate
1 cup sugar
2 eggs, beaten
½ cup sifted enriched flour
½ teaspoon baking powder
½ teaspoon salt
½ teaspoon vanilla
½ cup nuts, chopped

Melt butter and chocolate together, allow to cool. Add sugar, salt and beaten eggs. Mix well. Add flour sifted with baking powder, then add vanilla and nuts. Pour into well greased 8 x 8 inch pan. Bake in preheated oven as directed above.

CHOCOLATE DROP COOKIES WITH CHOCOLATE FROSTING

Temp. 375-400 **Time 12-15 minutes**

2 cups brown sugar
1 cup light brown sugar
1 egg, unbeaten
½ cup milk
2 squares unsweetened chocolate
2½ cups sifted all-purpose flour
½ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt
½ cup chopped walnut meats

1—Cream shortening, sugars and egg until light and fluffy. Add chocolate and mix well.
2—Add flour mixed with soda, baking powder and salt alternately with milk. Stir in nuts.
3—Drop by teaspoonfuls on greased baking sheet.
4—Bake in preheated oven as directed above.

CHOCOLATE FROSTING

2 egg yolks beaten with 2 tablespoons boiling water. Add 2 squares melted chocolate, 1 teaspoon vanilla and sugar to make right consistency to spread. Beat well and spread on cookies.

OATMEAL COOKIES (DROP)

Temp. 375-400 **Time 12-15 minutes**

1 cup shortening
1 cup brown sugar
1 cup white sugar
2 eggs
2 cups oatmeal
2½ cups sifted enriched flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon salt
1 cup raisins or dates
1 cup chopped walnuts
1 cup buttermilk
1 cup sifted enriched flour
2½ cups oatmeal (quick-cooking)
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon cinnamon
Dash nutmeg

1—Cream shortening, sugars and eggs until light and fluffy. Add buttermilk.
2—Sift flour, add soda and water and mix well. Add to first mixture.
3—Add oatmeal, raisins and nuts. Stir in spices.
4—Drop by teaspoonfuls on greased baking sheet.
5—Bake in preheated oven as directed above.

MOLASSES COOKIES

Temp. 350-375 **Time 10-15 minutes**

1 cup shortening
1 cup sugar
1 cup molasses
1 egg, beaten
4 cups sifted enriched flour
1 teaspoon soda
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon cloves
½ cup boiling water

1—Cream shortening, sugar and egg until light and fluffy. Add molasses.
2—Sift flour, soda, spices and salt together. Add to first mixture alternately with water.
3—Chill until firm enough to roll. Roll out on lightly floured board to ¼ inch thickness.
4—Cut with cookie cutter. Place on greased baking sheet.
5—Bake in preheated oven as directed above.

COCOANUT KISSES

Temp. 350 **Time 12 minutes**

2 cups cocoanut ½ cup condensed milk
½ teaspoon salt

[illegible]

DATE SQUARES

Temp. 350 **Time 30-35 minutes**

[illegible] 1½ cups quick oats
2 tablespoons sugar [illegible]
1 teaspoon [illegible] ½ teaspoon [illegible]
½ cup water [illegible]
[illegible] ½ [illegible]

[illegible]

PEANUT BUTTER COOKIES

Temp. 350 **Time 12-15 minutes**

[illegible] 1 cup peanut butter
[illegible] [illegible]
[illegible] 2 cups [illegible]
2 eggs, well beaten [illegible]
½ teaspoon salt

[illegible]

CHOCOLATE CHIP COOKIES

Temp. 375-400 **Time 12-15 minutes**

½ cup butter ½ teaspoon soda
6 tablespoons sugar 1½ cups sifted cracker flour
6 tablespoons brown sugar ½ teaspoon salt
1 egg, well beaten ½ cup chopped nuts
½ teaspoon vanilla [illegible]

[illegible]

Pastries and Pies

NOTES ON PIE AND PASTRY COOKERY

[illegible]

Continued on next page

PLAIN PASTRY—TWO CRUST PIE

2 cups sifted flour
½ cup shortening
1 teaspoon salt
4–6 tablespoons ice water

HOT WATER PIE CRUST

2 cups sifted flour
½ cup lard
½ teaspoon salt
½ teaspoon baking powder

PUFF PASTE

3 cups sifted flour
1 cup butter or shortening
Ice water

APPLE PIE

Time 15 minutes, then,
Time 45–45 minutes

2 tablespoons flour

1 recipe for plain pastry

BLUSH APPLE-PINEAPPLE PIE

Temp. 450
Temp. 350

Time 5 minutes then
Time 35-45 minutes

5 large apples sliced
3 slices pineapple, cubed
½ cup red cinnamon candies
[illegible]
3 cups pineapple juice

½ cup granulated sugar
3 tablespoons flour
½ teaspoon salt
[illegible]

[illegible]

½ recipe all-purpose pastry for 2-crust pie

1—Combine apples, pineapple, candies, [illegible] and pineapple juice in saucepan. Bring to boiling point, stirring occasionally. Remove from heat. 2—Combine sugar, flour, salt and cinnamon in saucepan. Gradually stir in [illegible] juice. Cook, stirring constantly, until thickened and clear. Add to fruit mixture. 3—Roll out pastry to fit 9-inch pie plate. Fill with fruit mixture. Dot with butter. Adjust top crust and seal edges. Cut slits in top crust. 4—Bake in hot oven (400°) 35 minutes or until crust is golden brown.

CUSTARD PIE

Temp. 450

Time 10 minutes

then

Temp. 325

Time 25-30 minutes

1 unbaked 9-inch pastry shell
3 eggs
¼ cup sugar
½ teaspoon salt
1 teaspoon vanilla
2½ cups milk
Nutmeg

1—Line pie pan with pastry. Chill well. 2—Beat eggs slightly with sugar, salt and vanilla. Add milk and mix well. 3—Pour into pastry shell. Sprinkle with nutmeg. 4—Place pie in hot oven (400°) 10 minutes. Reduce heat to moderate (325°) and bake 25-30 minutes or until knife inserted in custard comes out clean. Cool on wire rack. Store in refrigerator.

Variations: Fruit Custard Pie—Arrange 1 cup sliced fruit in pastry shell before adding custard. Bake as directed. Coconut Custard Pie—Add ½ cup flaked coconut to custard before baking. Bake as directed.

Note: Unbaked pastry shell can be baked at the same time custard is baked. Add 5 minutes to baking time. Prick pastry with fork before baking.

BUTTERSCOTCH CUSTARD PIE

Add ½ cup brown sugar when adding sugar to custard. Omit nutmeg. Sprinkle with chopped nuts before baking.

PUMPKIN PIE

Temp. 450
Temp. 325

Time 10 minutes then
Time 25-30 minutes

3 eggs
¾ cup sugar
½ teaspoon salt
[illegible]
1 teaspoon cinnamon

1½ cups strained pumpkin (cooked or canned)
1½ cups milk
2 [illegible]
1 unbaked [illegible]

[illegible] 1—Beat eggs slightly. Add sugar, salt, spices and pumpkin. Mix well. 2—Add milk gradually, stirring well. 3—Pour into pastry-lined pie pan. 4—Place in hot oven (400°) 10 minutes. Reduce heat to moderate (325°) and bake 25-30 minutes or until knife inserted in custard comes out clean. Cool on wire rack. Store in refrigerator.

PECAN PIE

Temp. 425 **Time 40-50 minutes**

3 eggs
½ cup granulated sugar
1 cup pecan meats
1 cup maple syrup
1 teaspoon vanilla
½ teaspoon salt
Partly baked pie crust

[illegible]

CHERRY PIE

[illegible]

or

Temp. 400–425 **for** [illegible]

3½ cups fresh pitted sour cherries
or 3½ cups canned cherries
1 ½ cups sugar
[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

GLAZED STRAWBERRY PIE
Strawberry Tarts

Temp. for baking pastry shell 450 [illegible]

1 quart strawberries, washed, hulled and well drained
½ cup sugar
½ cup water
4 cups cornstarch
[illegible]
4 tablespoons water
Red vegetable coloring
1 baked pastry shell

[illegible]

LEMON MERINGUE PIE

Temp. for pastry shell 450 — Time 12-15 minutes

[illegible]	[illegible]
½ teaspoon salt	3 egg yolks
[illegible]	[illegible]
Grated rind 1 lemon	2 teaspoons butter

1 baked pastry shell

[illegible] ... Add boiling ... [illegible]

MERINGUE

Temp. 325 — Time 15-20 minutes

[illegible]	[illegible] sugar
[illegible]	[illegible]
[illegible] baking powder	½ teaspoon vanilla

[illegible] ... then add baking powder. 2—Beat [illegible]

TWO-CRUST FRUIT PIES

[illegible]

Temp. 450 for 15 minutes then 350 for 35-45 minutes OR 400-425 degrees for 40-50 minutes

1 quart fruit	2 tablespoons cornstarch
[illegible] sugar	OR [illegible] flour
[illegible] salt	OR [illegible]
[illegible] butter	[illegible]

[illegible] ... 2—Roll out pastry [illegible]

COCOANUT CREAM PIE

Pastry Shell Temp. 450 — Time 12-15 minutes

⅓ cup all-purpose flour	3 egg yolks
½ cup sugar	1½ cups moist shredded cocoanut
¼ teaspoon salt	[illegible]
1½ cup scalded milk	[illegible] sugar

baked [illegible]

1—Combine the flour, [illegible] ... [illegible]

[illegible] Temp. 325 — Time 15-20 minutes

[illegible]

Desserts

BAKED APPLE

Temp. 400 **Time 25-30 minutes** **Yield 6 servings**

6 cooking apples, pared, cored
¼ cup sugar
½ cup water
½ teaspoon cinnamon or nutmeg
6 teaspoons butter

1—Wash apples, remove core, peel. Place in baking dish. 2—Place apples in baking dish. 3—Mix sugar with water; pour around apples. 4—Fill cavity of each apple with sugar mixture and 1 teaspoon butter. 5—Pour remaining syrup over all. 6—Bake in preheated oven as directed above.

BAKED APPLE VARIATIONS Before adding sugar, fill apples with chopped dates, raisins and nuts, or fill cavities with mincemeat, jam or jelly.

FRIED APPLES Slice apples without peeling. Sauté in bacon fat or butter until tender. Sprinkle with sugar.

APPLE BROWN BETTY Butter a baking dish. Put in a layer of buttered bread crumbs, then a layer of sliced apples, sprinkled with sugar, cinnamon and dots of butter. Repeat layers. Cover and bake in moderate oven (350°) 30 minutes. Remove cover and bake 15 minutes longer.

APPLE WEDGES
Baked Applesauce

Temp. 400 **Time 50 minutes** **Yield 6 servings**

6 cooking apples
½ cup water
2 thin sliced lemons, optional
½ cup sugar, brown or granulated

Wipe apples, cut into wedges. Remove blossom ends and cores. Place in baking dish. 2—Add water, lemon and sugar. Cover and bake in preheated oven. 3—Put through a sieve or colander. Add sugar to sweeten. 4—Serve hot or cold.

APPLE ROLLS

Temp. 450 **Time 20 minutes** **Yield 4-6 servings**

1—Prepare Baking Powder Biscuit recipe, page 10. Roll dough ¼ inch thick on floured board. 2—Pare apples. Slice apples ¼ inch thick. 3—Arrange apple slices on dough to cover. Roll like jelly roll. Cut in 1 inch slices. 4—Put in baking pan. Cover each roll with 1 teaspoon butter, 1 tablespoon sugar and ¼ teaspoon cinnamon. 5—Bake in preheated oven as directed above.

BROWN BETTY

Temp. 350 Time 45 minutes Yield 3-4 servings

½ cup melted butter
2 cups fine bread crumbs
½ teaspoon cinnamon
½ cup sugar
3 tablespoons lemon juice
½ cup water

Grease a pan lightly. Combine bread crumbs, sugar, cinnamon and butter. Place a layer of crumbs in bottom of pan. Add a layer of apples. Sprinkle with lemon juice. Repeat layers of crumbs and apples, ending with crumbs. Add water. Bake in moderate oven.

FRUIT COMPOTE
Dried fruit

Temp. 325 Time 1 ½ hours

Dried fruit such as prunes, apricots, apples, peaches
½ cup sugar or ½ cup honey to each pound of fruit
4 or 5 slices of orange or lemon

Wash fruit. Cover with water. Add sugar. Cook slowly until fruit is tender. Add orange slices. Serve cold.

FRESH FRUIT COMPOTE

Temp. 350 Time 15-20 minutes

Fresh fruit such as pears, peaches, apricots, apples. Syrup made of
1 cup sugar to 1 pint water, enough to barely cover fruit

Wash fruit. Pare if desired. Leave whole or quarter. 2—Place in baking dish. Pour syrup over fruit. 3—Bake in moderate oven. 4—Chill well before serving.

BAKED RHUBARB

Temp. 325 Time 50 minutes Yield 4 servings

2 pounds rhubarb
sugar

Wash rhubarb and cut into pieces. Place in a shallow baking dish. Do not peel unless skin is tough. Cut stalks in 2-inch pieces. 2—Place rhubarb and sugar in baking dish. Cover and place in moderate oven. 3—Bake about 50 minutes or until rhubarb is tender. Do not stir. 4—Remove cover and finish baking uncovered for 30 minutes.

RAISIN RICE PUDDING

Temp. 350 Time 1½ hours Yield 6-8 servings

½ cup uncooked rice
½ cup seedless raisins
4 cups milk
½ cup granulated sugar
½ teaspoon salt
1 teaspoon vanilla
nutmeg

Wash rice. Place all ingredients except nutmeg in a buttered baking dish. Sprinkle with nutmeg. Bake 2 hours. Stir occasionally during first hour of baking, while pudding is half completed.

CREAM PUFFS

Temp. 450 for 5 minutes then 375 for 25 minutes
or
400 for 40–50 minutes

1 cup boiling water
½ cup butter
1 cup flour
4 eggs

Heat water and butter to boiling point. Add flour all at once and stir vigorously until mixture forms a ball. Remove from heat and cool slightly. Add eggs one at a time, beating well after each addition. Drop by heaping tablespoonfuls onto greased baking sheet. Bake as directed above. Cool on wire rack. Split and fill with whipped cream or custard filling. Frost with chocolate or maple icing.

DATE CRUMB PUDDING

Temp. 350 Time 1 hour Yield 5 servings

2 tablespoons melted butter
½ cup granulated brown sugar
2 cups toasted bread crumbs
½ teaspoons nutmeg
1 teaspoon soda
1 teaspoon grated orange rind
1 cup chopped dates
1 cup sour or buttermilk

Mix all ingredients in order given. Pour into greased baking dish. Bake as directed above. Serve with cream.

APRICOT SAUCE

2 cups apricot pulp
½ cup granulated sugar
½ cup water
½ cup cream, whipped or
2 egg whites
Pinch salt

Heat apricots, sugar and water to boiling point. Add gelatine dissolved in cold water and stir until dissolved. Cool. When mixture begins to thicken fold in whipped cream or stiffly beaten egg whites.

LEMON CAKE PUDDING

Temp. 375 Time 40–50 minutes Yield 6 servings

1 cup granulated sugar
1 tablespoon flour
Pinch salt
2 teaspoons grated lemon rind
2 tablespoons lemon juice
1 tablespoon melted butter
1 cup milk

Mix sugar, flour, salt, lemon rind and juice, butter and milk in order given. Beat egg whites stiff and fold into mixture. Pour into greased baking dish. Bake as directed above. Serve with cream.

[illegible]

[illegible]

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

[illegible]

[illegible]

[illegible]

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

[illegible]

Casserole Cookery

ESCALLOPED POTATOES

Temp. 400 **Time 50-60 minutes**

[illegible]

AU GRATIN POTATOES

[illegible]

ESCALLOPED TOMATOES

Temp. 400 **Time 25-35 minutes**

[illegible]

BAKED MACARONI AND CHEESE

Temp. 400 **Time 30-35 minutes**

2 cups medium white sauce
2 teaspoons grated onion
½ pound grated cheese
1 pound cooked macaroni
1 cup cooked or canned peas
Paprika

1—Add onion and cheese to sauce; stir until cheese melts. Season with salt. Pimiento may be added if desired. 2—Cook macaroni in boiling salted water until tender; drain. 3—Arrange macaroni and peas in buttered casserole in alternate layers, covering each layer with cheese sauce. 4—Bake uncovered in moderate oven (350°F.) 30 minutes. Garnish with cheese and paprika. 5—Bake uncovered in moderate oven (350°F.) 30 minutes. Garnish with cheese and paprika.

BAKED NOODLES AND TUNA FISH

Temp. 400 **Time 30-40 minutes**

[illegible]

Classic Pot Roast with Root Vegetables

BACON AND BEEF PIE

Serves 450 | Prep: 10 minutes

[illegible]

Cook: 1 hour 30 minutes

[illegible]

[illegible]

FISH AND SPED BEAN AND POTATOES

Serves 400 | Prep: 15 minutes

[illegible]

Cook: 1 hour 10 minutes

[illegible]

[illegible]

SEA SPED VEAL AND BEAN CASSEROLE

Serves 350 | Prep: 25 minutes

[illegible]

Cook: 1 hour 30 minutes

[illegible]

[illegible]

SPANISH RICE

Temp. 350 **Time 1-1½ hours**

- 3 tablespoons butter
- onion, chopped
- green pepper chopped
- [illegible] (optional)
- ½ pound [illegible]
- ½ cup diced raw celery
- 1 pound rice, washed thoroughly
- 1½ teaspoon salt
- 2 cups canned tomatoes
- 2 [illegible]
- 2 tablespoons chopped parsley

Melt butter [illegible] onion, green pepper, garlic, sliced mushrooms and [illegible] [illegible]

CHEESE AND CORN SOUFFLE

Temp. 325 **Time 35-40 minutes**

- 2 tablespoons [illegible]
- 2 tablespoons flour
- [illegible]
- ½ cup milk
- ¾ cup soft bread crumbs
- ½ cup grated cheese
- ½ cup drained whole kernel corn
- 3 eggs
- [illegible]

1—Make a white sauce of the [illegible] [illegible] crumbs, stirring constantly. 2—Remove from heat and add beaten egg [illegible]

BAKED MEAT BALLS WITH SPAGHETTI

Temp. 350 **Time 1 hour**

- 1 pound [illegible] ground
- ½ cup soft bread crumbs
- 1 egg
- 1 teaspoon salt
- 2 tablespoons [illegible]
- [illegible], sliced
- ½ green pepper, sliced
- 2 cups canned tomatoes
- ½ pound spaghetti, cooked
- Salt and pepper to taste

1—[illegible] bread crumbs, egg and salt. Mix well and shape [illegible] 2—Brown meat balls in butter or other fat. Transfer browned meat balls [illegible] green peppers [illegible]

Oven Cooked Vegetables

[illegible] delicious way of cooking vegetables and one easy to prepare. They may be cooked in the oven entirely with the object of producing a flavor [illegible] while cooking [illegible] your

You will like their delicious flavor and the idea of cooking them with the whole meal in the oven

GENERAL DIRECTIONS FOR OVEN COOKING VEGETABLES

Wash vegetables and [illegible] prepare as [illegible] Place in [illegible] baking dish [illegible] add [illegible] water [illegible] cover [illegible] bake [illegible] Season [illegible] add [illegible] and [illegible] bake [illegible] minutes [illegible] Bake [illegible] at 400 degrees F. [illegible] minutes [illegible]

Frozen vegetables may be cooked [illegible] see page 76 for specific directions

Some [illegible] vegetables [illegible] of being [illegible] in the oven [illegible] bake [illegible] or long enough to merit the use [illegible] oven [illegible]

BAKED POTATOES

Temp. 400–450 **Time 50–60 minutes**

Wash [illegible] potatoes [illegible] Rub with [illegible] or vegetable [illegible] Place in shallow pan [illegible] Bake as above [illegible] If [illegible] with [illegible] a fork [illegible] Break open [illegible] Serve [illegible]

STUFFED BAKED POTATO

Bake as above. Slice [illegible] Scoop [illegible] and [illegible] Mash [illegible] Season with salt, pepper and [illegible] Refill [illegible] Return to oven to brown.

CANDIED SWEET POTATOES

Temp. 400 **Time 1 hour**

6 [illegible] sweet potatoes — ½ cup water
1 cup brown sugar — 2 tablespoons [illegible]
3 teaspoons salt

Pare potatoes, cut in half lengthwise. Place in baking dish [illegible] sugar, water, butter and salt. Bake [illegible] minutes. Turn [illegible] Baste [illegible] Bake [illegible] minutes longer, basting [illegible] Serve [illegible] CANNED [illegible] Drain [illegible] sweet potatoes and add syrup and bake uncovered for 45 minutes at 400 degrees.

[illegible]

STUFFED BAKED TOMATOES

Temp. 350 | **Time ... 30 minutes**

[illegible]

Stuffings

[illegible]

2—[illegible] grated [illegible] chopped [illegible] 2 tablespoons [illegible] Mix well [illegible] Bake until [illegible] tender.

3—[illegible] chopped [illegible] 2 tablespoons [illegible] corn, drained [illegible] ½ teaspoon salt [illegible] Bake until tomatoes are [illegible]

BAKED SWEET POTATOES AND APPLES

Temp. 350 | **Time 1 hour**

- 4 medium sized sweet potatoes
- 4 medium sized apples
- ½ cup brown sugar
- 2 tablespoons butter
- ¼ cup water
- ½ teaspoon salt

1—Pare and slice sweet potatoes. Core and slice apples. 2—Arrange sweet potatoes and apples in alternate layers in a buttered casserole. 3—Combine brown sugar, butter, water and salt and heat until sugar is dissolved. 4—Pour over apples and potatoes. 5—Cover and bake [illegible] until potatoes are tender.

BAKED SQUASH

Temp. 400 **Time 1½ hours**

or

Temp. 350 **Time 3 hours**

1—Cut squash in halves. Remove seeds and membranes. 2—Place cut side down in shallow pan. 3—Bake in moderate oven (350°) 3 hours or in hot oven (400°) 1½ hours or until tender when pierced with fork. Scoop out pulp and season with salt, pepper and butter.

BAKED CARROTS AND ONIONS

Temp. 325 **Time 50 to 60 minutes**

1 cup medium white sauce
6 carrots, cooked and sliced
6 small onions, cooked and sliced
½ teaspoon salt
Pepper
Slice of bacon
½ cup grated cheese
Paprika

1—Prepare white sauce. 2—Season with salt, pepper and paprika. Place in alternate layers with carrots and onions in a buttered casserole. Pour sauce over all. Arrange bacon on top. Cover and bake in moderate oven (325°) 50 to 60 minutes. Remove cover during last 15 minutes of baking to brown bacon.

STUFFED GREEN PEPPERS

Temp. 375 **Time 15-20 minutes**

6 large fine-skin green peppers
3 slices bacon, diced
1 onion, chopped
2 cups cooked rice
½ cup soft bread crumbs
2 tablespoons chili sauce
½ teaspoon salt
1 tablespoon butter, melted

1—Cut off stem end of green peppers, remove seeds and membranes, wash peppers and dry. 2—Place diced bacon and onion in a frying pan. Cook until bacon is brown and onion is tender. Add rice, chili sauce, salt and pepper. Mix well. 3—Stuff peppers with rice mixture. Place in buttered casserole. Cover with bread crumbs mixed with butter. 4—Bake in moderate oven (375°) 15 to 20 minutes or until peppers are tender.

PEPPERS STUFFED WITH SALMON

Follow recipe for stuffed green peppers. Prepare peppers as directed. Flake cooked salmon and mix with rice, onion, bacon, salt and pepper. Add 1 egg, beaten. Fill peppers with mixture. Cover with bread crumbs mixed with butter. Bake as directed in recipe above.

BAKED JULIENNE BEETS

Temp. 350 **Time 1½ hours**

4 large beets
½ cup boiling water
½ teaspoon salt
Juice of ½ lemon
1 tablespoon butter
Dash of pepper

1—Wash beets, scrape, slice. Place in pan, cook until tender in oven. 2—Remove beets from pan of boiling water. Drain. Add lemon juice, salt and pepper. 3—Place in buttered casserole. Dot with butter. Cover and bake in moderate oven (350°) 1½ hours. 4—Place in serving dish. Add butter and dash of pepper.

STEAMED RICE

Temp. 350 **Time 1½ hours**

1 cup rice, washed 2 cups water

1 teaspoon salt

[illegible]

STUFFED MUSHROOMS

Temp. 425 **Time About 15 minutes**

8 large mushrooms 2 cups soft bread crumbs

4 [illegible] 1 tablespoon catsup

1 [illegible] [illegible]

Salt and pepper

[illegible]

BAKED BEANS

Temp. 300 **[illegible]**

[illegible] [illegible]

4 pound salt pork, sliced [illegible]

2 teaspoons sugar [illegible]

[illegible]

whole onion

[illegible]

BAKED SPANISH LIMA BEANS

Temp. 275 **Time 3 hours**

[illegible] 1 can tomatoes 2-½ cups

4 pound [illegible] ½ teaspoon salt

[illegible] [illegible]

1 green [illegible] 1 chopped garlic

[illegible]

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SWEET POTATOES IN ORANGE CUPS

Temp. 350 **Time 20 minutes**

6 large oranges
3 cups mashed sweet potatoes
½ cup cream
½ teaspoon salt
1 tablespoon brown sugar
¼ marshmallows

1—Cut oranges in half. Remove pulp, discarding the white membrane. Use pulp for other purposes. 2—Mix together sweet potatoes, cream, salt, brown sugar. Mix well. 3—Fill orange cups with potato mixture. Top with marshmallow. 4—Place filled orange cups on baking sheet. 5—Bake in slow oven until marshmallows are golden brown.

TOMATO PIE

Temp. 375 **Time 30 minutes**

6 tomatoes, sliced
1 onion, sliced
2 tablespoons melted butter
1 teaspoon sugar
½ teaspoon salt
¼ teaspoon pepper
2 cups hot mashed potatoes
grated cheese

Pare tomatoes if desired. Place in shallow well buttered baking dish. 2—Sprinkle with onion, salt, pepper, sugar and melted butter. 3—Spread mashed potatoes over top. Sprinkle with grated cheese. 4—Bake as directed above until potatoes are golden brown. 5—Garnish with chopped parsley.

VEGETABLE FAVORITES FOR THE YOUNGSTERS

SPINACH TIMBALES

Temp. 350 **Time About 40 minutes**

½ cup cooked spinach, finely chopped
3 eggs, slightly beaten
¼ cup cream
2 tablespoons melted butter
½ teaspoon salt
¼ teaspoon pepper

1—Grease individual timbale molds well. Fill bottoms with spinach. 2—Place in shallow baking pan of hot water. 3—Bake as directed above until firm. 4—Unmold before serving. Garnish with slices of hard cooked eggs and parsley.

CARROT CUPS

Temp. 325 **Time About 50 minutes**

2 cups grated raw carrots
2 eggs, slightly beaten
1 teaspoon salt
2 tablespoons melted butter
½ cup cream
2 teaspoons finely chopped parsley

1—Combine ingredients. Mix well. 2—Fill buttered custard cups ⅔ full. 3—Set in shallow pan of hot water. 4—Bake as directed above until firm. 5—Unmold and garnish with slice of stuffed olive.

CANDIED CARROTS

Temp. 350 **Time About 20 minutes**

6 medium carrots
1 cup brown sugar
3 tablespoons butter
½ cup water

Scrape carrots and cut lengthwise into quarters. Cook until tender in boiling salted water. Drain and place in a shallow baking dish. Add sugar, butter and water. Bake, basting frequently with the liquid in the dish, until a rich glaze is formed. Baste occasionally.

POTATO PUFFS

Temp. 350 **Time About 15 minutes**

3 cups hot mashed potatoes
½ cup grated cheese
½ cup hot cream, whipped

Combine potatoes, cheese and cream. Beat until light and fluffy. Pile lightly in a greased baking dish. Bake in a moderate oven until lightly browned. Serve at once.

BEETS IN ORANGE BUTTER

Temp. 350 **Time About 15 minutes**

6 small beets, cooked and sliced
4 tablespoons butter
½ teaspoon salt
¼ cup orange juice
1 teaspoon grated orange rind

Melt butter in a saucepan. Add orange juice, salt and orange rind. Add beets and heat thoroughly, stirring gently to coat beets with sauce.

RECIPES FOR USE OF LEFT OVER VEGETABLES

VEGETABLES AU GRATIN

Temp. 350 **Time 20 minutes**

2 cups cooked vegetables
Medium white sauce
½ cup grated cheese

Arrange vegetables in alternate layers with cheese sauce in a greased baking dish. Sprinkle with buttered crumbs and grated cheese. Bake until brown.

UPSIDE-DOWN VEGETABLE PIE

Temp. 425 **Time 25 minutes**

2 cups sifted flour
2 teaspoons baking powder
½ teaspoon salt
⅓ cup butter
1 egg
½ cup milk
1 cup mixed cooked vegetables
½ cup liquid from cooked vegetables
2 tablespoons butter
1 tablespoon catsup

Sift together flour, baking powder and salt. Work in shortening. Beat egg and add milk. Add to dry ingredients. Roll out on a floured board. Arrange vegetables, pour on liquid and catsup. Dot with butter. Cover with pastry and prick to allow steam to escape. Bake in a hot oven until pastry is well browned. Serve at once.

BAKED POTATO BALLS

Serves 4–5 | Prep time 20 minutes

Ingredients

Method

CASSEROLE OF POTATOES AND MUSHROOMS

Serves 4–6 | Prep time 45 minutes

Ingredients

Method

CASSEROLE OF CAULIFLOWER

Serves 4–6 | Prep time 20 minutes

Ingredients

Method

Cookery of Frozen Food

[illegible]

FROZEN FRUITS

[illegible]

[illegible]

[illegible]

[illegible]

FRUIT COBBLER

Cherry, Blueberry, Raspberry, Peach or Apple

Temp. 400 — Time 40–45 minutes — Yield 6–8 servings

- 1½ cups sifted flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup sugar
- ¼ cup fat
- ½ cup milk
- 1 egg, beaten
- 1 pint frozen fruit
- 1 tablespoon quick-cooking tapioca
- 1 tablespoon lemon juice
- 2 tablespoons melted butter or fat

1. Mix and sift the flour, baking powder, salt and sugar. [illegible] Combine the milk and eggs [illegible] [illegible]

Courtesy Corning Glass Works

[illegible] FRUIT PUDDING

[illegible] **Time 10 12 minutes** **Yield 6-8 servings**

[illegible]

FROZEN VEGETABLES

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Oven Cooking Frozen Vegetables

Place frozen vegetables in [illegible] casserole [illegible] with salt and pepper and [illegible] 350 degrees [illegible] HI-LO [illegible] HEAT CONTROL OVEN for 50 minutes.

FROZEN ASPARAGUS, PEAS, LIMA BEANS, [illegible] CORN [illegible] complete oven cooked meal.

FROZEN CORN [illegible] BEANS IN OVEN ROAST [illegible] Place [illegible] 400 degrees [illegible] HEAT CONTROL OVEN for 45 minutes.

FROZEN MEATS

FROZEN MEATS MAY BE STARTED COOKING while they are [illegible] partially or completely thawed.

THIN STEAKS, CHOPS AND MEAT PATTIES may be broiled without thawing.

MEATS OVER 1½ INCHES IN THICKNESS should be partially or completely thawed before broiling.

LARGE ROASTS cook through more uniformly if they are at least partially thawed.

[illegible] 350 degrees [illegible] HI-LO [illegible] OVEN [illegible] should not be [illegible] until all the meat is completely defrosted.

ROASTING FROZEN MEATS

FROZEN OR PARTIALLY THAWED MEAT for roasting should be prepared the same as fresh.

TO ROAST: rub with fat or lard which [illegible]. Sprinkle with salt and pepper. For additional flavor, wedges of onion or garlic may be inserted in surface of meat. [illegible] Place meat fat side up on rack in shallow uncovered roasting pan. [illegible]

THE ROASTING TIME FOR FROZEN MEATS [illegible] in general from 15 to 20 minutes per pound longer than that allowed for roasting partially or completely thawed meats. Completely thawed meats should be cooked [illegible] same [illegible] as meat that has not been frozen. (See Meat Roasting Chart Page 7)

BROILING FROZEN MEAT

Broil frozen meats the same as fresh or thawed meats, increasing the broiling time 1½ or 2 times. (See Meat Broiling Chart, Page 19)

TABLE [illegible] broiler rack with fat. Place meat on rack so that top of meat is at least 3 inches from the [illegible] of [illegible]. Turn on broiler [illegible] set [illegible] HI-LO [illegible] OVEN

FROZEN POULTRY

FROZEN FISH

Thaw completely and cook as unfrozen fish or cook while see Roasting Chart page 7, Broiling Chart page 9.

FROZEN PIES

Special Recipes

. . . for the amateur male cook

[illegible]

[illegible]

[illegible]

[illegible]

SHRIMP A LA RAVIGOT

[illegible]

[illegible]

[illegible]

TOMATO SOUP CAKE

You'll Be Famous For This One!

[illegible] the weight [illegible] other sense of the cake. Then [illegible] guarantee.

Cream [illegible] shortening with 1 cup sugar. Dissolve 1 teaspoon baking soda in 1 cup Tomato Soup and mix with above.

Sift 2 cups cake flour, 2 teaspoons baking powder, [illegible] teaspoon ground cinnamon, ½ teaspoon ground cloves and 1 teaspoon [illegible] [illegible] Shortening-Sugar mixture.

[illegible] finely chopped nuts and blend with above mixture.

Put in well-buttered cake pan. Bake at 350 degrees for 50 to 60 minutes. When cool, frost as follows:

FROSTING: Blend 2—3-oz. pkgs. Cream Cheese with 3 cups 4X sugar and 1 teaspoon vanilla. Spread thickly over cake [illegible]

CREPES SUZETTE

[illegible] sugar attains a deep golden brown hue. Then you grate [illegible] a pan that grated rind, [illegible] tablespoons of sugar, teaspoon of butter and 2 tablespoons of [illegible] hands to keep them stirred, warm and free from burning [illegible]

Sift 3 [illegible] cake or all-purpose flour, 2 tablespoons [illegible] sugar [illegible] unbeaten eggs [illegible] through a fine [illegible]

[illegible] These cakes [illegible]

[illegible] tablespoons sugar, [illegible] tablespoons orange juice and grated peel of [illegible] orange [illegible] what you have. Do not let simmer, boil or burn.

[illegible] again [illegible] extinguishing the blaze, and serve pronto.

[illegible] your fingers, use a long handled spoon and a long [illegible] fork.

This makes [illegible] spectacular [illegible] times, but [illegible]

GRANDMA'S APPLE CIDER PIE

A Prize Winner For Three Generations

[illegible]

[illegible] ... from this stage of proceedings.

[illegible]

[illegible] ... favorite pie dough, and pour in [illegible] ... Serve with chunks of [illegible] ... room couch for your after dinner [illegible]

CHICKEN PAPRIKASH

[illegible]

[illegible] ... salt, and pepper to taste, and [illegible]

[illegible]

Sprinkle generously with paprika and [illegible]

RICE PILAF

[illegible]

[illegible]

[illegible]

WIENERS ROYALE

Making the Hot Dog a Delicacy

[illegible]

But let's start with hearty, meat-filled franks [illegible] several stuffed dogs will do.

[illegible]

Cut sharp American cheese into 1/4" square strips. Cheese with a touch of [illegible] due to age is better than dull and limber young cheese. Insert a cheese strip in the cut frank and press it down deeply.

[illegible]

[illegible]

[illegible]

PEACH COBBLER

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] didn't tell you it'd do things to your equator.

CORN OYSTERS

Here's one you don't have to wait to use until there's an "R" in the month

[illegible] **with slightly [illegible]** [illegible]

[illegible] add not over 2 teaspoons of flour.

[illegible]

BEEF SUPREME

[illegible]

[illegible]

[illegible] **Shove the pan close under the broiler flame** [illegible] you can [illegible] **[illegible] Arch [illegible]** [illegible]

TARTAR SAUCE

For fish, frog legs and other sea foods, we make [illegible] **you are the same, here goes.**

[illegible] **olives, sour cucumber pickles and capers.**

Now loosen your stirring arm and go to town whipping [illegible]

SAUCE PAN FUDGE CAKE

Assemble before you, ready to work

[illegible] unsweetened cocoa powder	½ teaspoon vanilla extract
[illegible] flour	½ teaspoon salt
[illegible] boiling water	1 cup granulated sugar
[illegible] butter	½ cup sour cream
[illegible] baking soda	1 egg

1 teaspoon vanilla

Directions: Assemble all the ingredients in a medium hot sauce pan, stir, and let cool. Sift flour, cocoa, salt, and sugar. Then add the cooled mixture to the sifted ingredients. Beat well until smooth.

Pour the batter into a greased and floured 8-inch square pan and bake at 350 degrees for 45 minutes or until a toothpick inserted in the center comes out clean. Cool in the pan for 10 minutes before turning out onto a wire rack to finish cooling.

While the cake is cooling, prepare the frosting. In a small saucepan, combine [illegible] sugar, and milk. Bring to a boil, stirring constantly, and cook for 1 minute. Remove from heat and stir in the vanilla extract. Let the frosting cool for a few minutes until it thickens slightly, then spread it evenly over the cooled cake.

Optional: Dust the top of the frosted cake with a little extra cocoa powder before serving, if desired.

SIMPLE EXPERIMENTS

[illegible] a few simple experiments that children can safely perform at home with the help of an adult. These activities are designed to spark curiosity and encourage hands-on learning.

Baking Soda Volcano

To make a classic volcano, you will need the following: a small plastic bottle, baking soda, vinegar, red food coloring, dish soap, and a tray or baking sheet to contain the mess. Place the bottle in the center of the tray and add 2 tablespoons of baking soda. Add a few drops of red food coloring and a squirt of dish soap. Finally, pour in about 1/2 cup of vinegar and watch the eruption!

Homemade Slime

Combine 1 cup of white glue with 1 cup of water in a bowl and mix well. In a separate bowl, dissolve 1 tablespoon of borax in 1 cup of warm water. Slowly add the borax solution to the glue mixture, stirring constantly. Once the slime starts to form, knead it with your hands until it reaches the desired consistency. Add food coloring if you want a colorful slime.

Invisible Ink

To write a secret message with invisible ink, dip a cotton swab in lemon juice and use it to write on white paper. Let the paper dry completely, then hold it up to a light bulb or a warm surface to reveal the hidden message.

Rainbow in a Glass

Carefully pour different liquids into a tall glass, starting with the densest (like honey) and ending with the least dense (like rubbing alcohol). Use a spoon to gently layer each liquid on top of the previous one. You can add food coloring to each liquid for a more vibrant effect.

Static Electricity Balloon

Rub a balloon on your hair or a wool sweater for about 30 seconds. Then, hold the balloon near small pieces of paper or your hair and watch as they are attracted to the balloon.

Always remember to supervise children during these experiments and follow safety guidelines. Have fun exploring the world of science!

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THE FOLLOWING BLANK PAGES WILL HELP YOU KEEP THIS COOK BOOK "UP-TO-DATE"

This Robertshaw Cook Book was intentionally planned to provide eight concluding blank pages that you can use as you choose. You will find them useful in many ways.

If you have favorite recipes you can write or paste them in. Or you can add new recipes that you may read or hear about from time to time. Or you may have notes or other cooking memoranda that you would like to have on record in this book.

If you would like an additional copy of this Robertshaw Cook Book for yourself or your friends, simply mail a 50c piece, securely wrapped and enclosed in an envelope with the correct name and address. This is the seventh edition of the Robertshaw Cook Book which was first published in 1927 and not only is it the most attractive issue we have published, but we are sure you will also find it one of the most complete and helpful cook books you have ever used.

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